

Soup and croutons

Soup 1: Tomato and basil

1 medium onion
2 cloves garlic
1 medium carrot
1 x 400g chopped tomatoes
1 tsp dried basil
½ tsp sugar
1 vegetable stock cube
Salt and pepper

METHOD

1. Dice the carrot and onion. Peel and crush garlic. Fry in a little oil for 5 minutes.
2. Remove from the heat and add tomatoes, stock cube, basil, sugar, salt and pepper and 500ml water.
3. Bring to the boil and simmer for 15-20 mins.
4. Liquidise. Pour soup into a bowl, garnish.
5. Serve with bread or croutons

Soup 2: Winter Vegetable Soup

1 potato, peeled and diced
1 carrot, peeled and diced
1 leek, washed and sliced
1 onion, peeled and chopped
1 vegetable stock cube
½ tsp dried thyme
salt and pepper, to taste

METHOD

1. Prepare vegetables. Fry in a little oil in a saucepan
2. Add 400ml water and stock cube/powder and bring to the boil. Simmer for at least 20 minutes. (longer if possible)
3. Check seasoning and softness of vegetables.
4. Liquidise. Pour soup into a bowl, garnish.
5. Serve with bread or croutons



Croutons

INGREDIENTS

Bread – thick sliced white or ciabatta
Oil
Seasoning

METHOD

1. Cut the bread into 1cm cubes with or without crusts.
2. Put in a plastic bag with a little oil and seasoning. Shake vigorously and put on a baking tray.
3. Bake on a medium heat for 10-15 minutes.
3. Serve on top of the soup.

Soup 3: Spicy butternut squash

1 onion
1 carrot
½ red chilli
500ml veg stock
1 clove of garlic
½ butternut squash
½ tsp rosemary

To make your soup

Peel and chop the onion, carrot and garlic
Deseed and finely chop the chilli
Put a large saucepan on a medium heat and add a tbsp of oil. Add the onion, carrot, garlic and chilli and a good pinch of salt and pepper • Cook gently for about 5 minutes, stirring occasionally, until the vegetables are sweet and soft. Meanwhile, carefully halve the squash lengthways, scoop out the seeds with a spoon, peel and cut into chunks. Make 500ml of stock using 1 stock cubes and 500ml of boiling water. Add the squash and the stock to the pan and bring to the boil. Reduce the heat and simmer for around 20 minutes. CLEAN UP. Liquidise if need be.

Soup 4: Leek and Potato Soup

1 large leek
1 large potato
1 small onion
1 stock cube
500ml water
salt and pepper to taste
optional
100-150ml creamy milk or cream

METHOD

1. Wash, peel and chop onion, leek and potato. Make the stock with stock cube and 500ml boiling water.
2. Fry the onion and leek in a little oil, until soft.
3. Add the potato, stock and seasoning. Simmer for 20 minutes.
4. Check softness of vegetables and adjust the seasoning.
 5. Liquidise. Pour soup into a bowl, garnish.
 6. Serve with bread or croutons

Challenge:

Make a savoury scone to serve with your soup. Garnish attractively.

Food safety and hygiene rules