

## The Soup Kitchen

Recipes range from easy to medium skill





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### Soup making know how

Practical skills in making a good soup can start from the very basics up to a high level of culinary know how. This guide takes you from a zero starting point up to medium skill. If you are working with younger pupils or those with special needs use the recipes that do not include a lot of chopping. Once those skills are taught you can graduate to the level 2 of the recipe. The recipes that have this built into them are Tomato & lentil, pea & mint and minestrone.

### Soup skills

1. Heat management – novice cooks tend to use too much heat when sweating vegetables and simmering, make sure you explain the difference. Once a soup is boiling it should be reduced down to a simmer with a lid immediately. Remind pupils that:

- Simmering cooks at the same temperature as a rapid boil but the water will evaporate more quickly.
- Rapid boiling is likely to burn the soup in the base of the pan and will make it taste bad.
- Cooking on a high heat unnecessarily wastes energy
- Reduce the heat and the soup is less likely to boil over and make a mess

2. Preparing vegetables –

- Cooking in a hurry – use ready prepared frozen vegetables (especially useful for short practical sessions)
- Using fresh vegetables – cut into small chunks as they will cook quicker and are easier to blend
- Be as adventurous as you can

### Stocks

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Whilst home made stocks are easy to make they take time. Substitute these with stock powders or cubes. There are a lot of different brands available but because some of them contain MSG (monosodium glutamate) they give a salty flavour to the soup. Try to select stocks that do not contain msg. If you want to show pupils how to make stock there are 2 simple recipes here for making a vegetable and a chicken stock.

## **Basic stocks**

### **Chicken stock**

- 1 roast chicken portion from a supermarket
- 1 onion roughly chopped
- 1 clove garlic
- 1 carrot
- 1.5 litres of water

To make an Asian style stock add garlic and grated ginger to the pan – drain before use to remove the solids.

Put all ingredients in a pan together and bring to the boil. Simmer covered for 40 minutes and strain, discard. Yield approx 1 litre stock

### **Vegetable stock**

- 1 onion roughly chopped
- 1 clove garlic
- 1 carrot
- 2 sticks celery
- 2 teaspoons yeast extract
- 1.5 litres of water

Use the same method for chicken stock above

If you don't have time to make a stock use a stock powder or cube – beware some of these are high in salt and contain monosodium glutamate (msg is a flavour enhancer that is banned in baby food and linked to hyperactivity in some children). Choose a brand that does not contain msg like Marigold Swiss Vegetable Bouillon.



## Recipes

On the following pages you will find recipes for the following soups – you could use these recipes as a lesson guide and make a different soup each week.

Why not start off by comparing some commercial products with home made soup and run a taste panel. Look at how soups from around the world vary.

The recipes in soup kitchen are:

- Tomato & lentil soup
- Pea & Mint soup
- Blueprint for Cream of soups ( a guide to making classic smooth creamy soups)

### **A safety note on hand blenders –**

Make sure that pupils know that to use hand blenders safely they must immerse the blender under the surface of the soup before switching on. When they have finished blending the blade should be switched off before removing from under the surface of the soup. This stops the hot soup splashing. Accidents are far less likely to occur if this simple rule is followed.

## Tomato & Lentil Soup



### Level 1 - easy

#### Ingredients (for 1 large or 2 smaller bowls of soup)

- 1 400g can of chopped tomatoes
- 3 handfuls or 40-50g split red lentils
- 1 dessertspoon tomato puree
- 100ml water
- 1 tsp bouillon (stock powder) or ½ a cube crumbled
- 1 teaspoon Mixed herbs

#### Equipment

Saucepan with lid, wooden spoon, measuring jug, weighing machine (optional), 1 electric hand blender (optional)

#### Method

1. Put all the ingredients into the saucepan.
2. Place the saucepan over a medium heat and stir while it comes to the boil.
3. Reduce the heat and simmer for 20 minutes.
4. Remove the pan from the heat and place on a heat resistant surface.
5. Blend until smooth with a hand blender.
6. Taste the soup and add salt and pepper if you need to.

#### Tips:

The following ingredients give soup more flavour and are commonly used to boost the taste without adding more salt.

A teaspoon or two of: balsamic vinegar, Soya sauce, Worcestershire sauce or pesto. Choose any herbs you like or fresh ones if you have them.

To make the soup creamy add some milk or cream at the end of cooking.



## Tomato and Lentil Soup

### Level 2- Medium

#### Ingredients (for 1 large or 2 smaller bowls of soup)

- 1 dessertspoon of vegetable or sunflower oil
- 1 medium size onion, finely chopped
- 1 clove crushed garlic
- 1 400g can of chopped tomatoes
- 3 handfuls or 40-50g split red lentils
- 1 dessertspoon tomato puree
- 100ml water
- 1 tsp bouillon (stock powder) or ½ a cube crumbled
- 1 teaspoon Mixed herbs

#### Equipment

Saucepan with lid, wooden spoon, measuring jug, weighing machine (optional), 1 electric hand blender (optional)

#### Method

1. Heat the oil in the saucepan and add the onion and garlic. Fry gently for a couple of minutes until softening.
2. Place the rest of the ingredients into the saucepan and cook over a medium heat and stir while it comes to the boil
3. Reduce the heat and simmer for 20 minutes.
4. Remove the pan from the heat and place on a heat resistant surface.
5. Blend until smooth with a hand blender.
6. Taste the soup and add salt and pepper if you need to.

#### Tips:

The following ingredients give soup more flavour and are commonly used to boost the taste without adding more salt.

A teaspoon or two of: balsamic vinegar, Soya sauce, Worcestershire sauce or pesto.

In the picture the soup has been garnished with a spoon of Greek natural yogurt and some chopped fresh basil leaves.

Other toppings might be:

grated cheddar or parmesan cheese, a spoon of cream or a spoon of pesto.

## Pea & Mint Soup



### Level 1 – Easy

#### Ingredients (for 1 large bowl or 2 small bowls of soup)

100g frozen peas  
1 -2 teaspoons dried mint  
1 medium sized potato, scrubbed and cut into 8 chunks  
50mls milk  
50mls water  
1 tsp bouillon (stock powder) or ½ a cube crumbled  
Salt and pepper to taste

#### Equipment

Saucepan with lid, wooden spoon, measuring jug, weighing machine (optional), 1 electric hand blender (optional)

#### Method

1. Put all the ingredients into the saucepan.
2. Place the saucepan over a medium heat and stir while it comes to the boil.
3. Reduce the heat and simmer for 20 minutes.
4. Remove the pan from the heat and place on a heat resistant surface.
5. Blend until smooth with a hand blender.
6. Taste the soup and add salt and pepper if you need to.

The picture above shows this soup garnished with some cream and a pinch of paprika other toppings could be grated cheddar or parmesan cheese, a spoon of cream or a spoon of pesto

## Pea & Mint Soup



### Level 2 – Medium

#### Ingredients (for 1 large bowl or 2 small bowls of soup)

1 dessertspoon of vegetable or sunflower oil  
1 medium size onion, finely chopped  
1 clove crushed garlic  
100g frozen peas  
1 -2 teaspoons dried mint  
1 medium sized potato, scrubbed and cut into 8 chunks  
50mls milk  
50mls water  
1 tsp bouillon (stock powder) or ½ a cube crumbled  
Salt and pepper to taste

#### Equipment

Saucepan with lid, wooden spoon, measuring jug, weighing machine (optional), 1 electric hand blender (optional)

#### Method

1. Heat the oil in a saucepan and add the onion and garlic, stir fry gently for 4-5 minutes.
2. Add the rest of the ingredients and stir while they come to the boil.
3. Reduce the heat and place a lid on the pan. Simmer for 20 minutes.
4. Remove the pan from the heat and place on a heat resistant surface.
5. Blend until smooth with a hand blender.
6. Taste the soup and add salt and pepper if you need to and more liquid if necessary (water, milk or cream).

The picture above shows this soup garnished with some cream and a pinch of paprika other toppings could be grated cheddar or parmesan cheese, a spoon of cream or a spoon of pesto

## Basics to a cream of soup .....

To make a classic cream of soup you need to know the starting formula. Stocks can either be vegetable or meat based or use a stock powder (see below). You definitely need a blender, a hand blender or food processor for creamy soups. If you don't have a blender or a liquidiser use the old fashioned method of pressing the cooked soup through a sieve. You could always try making a chowder or chunky vegetable soup cutting the vegetables into a fine dice before cooking. Making soup like this is a delicious way to use up leftovers and vegetables that have lost their first flush of youth! Soup is also a nutritious way to get 1- 2 portions of your 5 a day.

### Cream of starting formula

1 -2 tablespoons Vegetable oil  
 1 large onion, roughly chopped  
 2 medium potatoes, peeled and roughly chopped  
 2 cloves garlic, crushed (optional)  
 salt and freshly ground black pepper  
 1 litre of chicken or vegetable stock

### The optional ingredients – choose a vegetable, herb & or a spice

750g of carrot & coriander, mushroom & rosemary, pea & mint, asparagus & parsley, tomato & basil, pumpkin & thyme, parsnip & cumin, sweet potato & curry powder – the list is as endless as your imagination.

Tip: add curry spices when you sweat the vegetables – they develop a much better flavour if they are fried first and release their aromatic properties more fully.

Left over vegetables – peas, roast potatoes, cabbage, carrots, broccoli, cauliflower, parsnips,



This is a cream of mushroom soup made using the guide above. Learn the blueprint for a cream of soup and you will have learnt a useful life skill.