

Welcome to the KS1 Soup Cafe



We really enjoyed our visit to Stamford Market, where we each had 50p to spend on a range of vegetables.



After peeling the vegetables, we used the bridge and claw cut to chop them up safely, ready to be turned into soup.



Thank you for coming to support us at our healthy cafe. We hope you enjoyed our selection of soups as much as we did.



Here are the recipes, so that you can enjoy them again at home!

Carrot and Coriander

INGREDIENTS

- 2 lb (900 g) carrots, peeled and chopped
- 1 tablespoon ground coriander
- 1 oz (25 g) butter
- 2 pints (1.2 litres) chicken or vegetable stock
- salt and freshly ground black pepper

METHOD

Heat the butter in a large saucepan, then add the chopped carrots and coriander. Stir the carrots in the buttery juices and then cover the pan and let the vegetables cook over a gentle heat until they are beginning to soften – about 10 minutes. Next, add the stock and season with salt and pepper and bring everything up to the boil. Then reduce the heat to low and simmer for a further 15-20 minutes, partially covered, or until all the vegetables are tender. Leave the soup to cool a little, then you can liquidise the whole lot in batches (a large bowl to put each batch in is helpful here).





Slow Roasted Vegetable

INGREDIENTS

8 oz (225 g) peeled carrots, cut into 2 inch (5 cm) lengths
8 oz (225 g) peeled celeriac, cut into 2 inch (5 cm) pieces
8 oz (225 g) trimmed and washed leeks, halved and cut into 2 inch (5 cm) lengths
8 oz (225 g) peeled swede, cut into 2 inch (5 cm) pieces
1 small onion, peeled and roughly chopped
2½ pints (1.5 litres) chicken or vegetable stock
3 bay leaves
salt and freshly milled black pepper

To serve:

6 teaspoons fat-free Greek yoghurt
a few fresh chives, snipped

Pre-heat the oven to gas mark 1, 275F (140C)



METHOD

There's not much to do here once everything is peeled and chopped. All you do is place everything in the casserole and bring it up to a gentle simmer, then put the lid on, place it in the lowest part of the oven and leave it there for 3 hours, by which time the vegetables will be meltingly tender.

Next remove the bay leaves and process or liquidise the soup in several batches to a purée, then gently re-heat, and serve the soup in bowls with a teaspoon of Greek yoghurt swirled into each and garnished with the fresh chives.

Potato, Onion and Leek

INGREDIENTS

4 large leeks
1 medium onion, chopped small
2 medium potatoes, peeled and diced
50g butter
850ml vegetable stock
275 ml milk
salt and freshly milled black pepper



METHOD

Begin by trimming the leeks, discarding the tough outer layer. Now split them in half lengthways and slice them quite finely, then wash them thoroughly in two or three changes of water.

Drain well. In a large, thick-based saucepan, gently melt the butter, then add the leeks, onions and potatoes, stirring them all round with a wooden spoon so they get a nice coating of butter. Season with salt and pepper, then cover and let the vegetables sweat over a very low heat for about 15 minutes.

After that, add the stock and milk, bring to simmering point, cover and let the soup simmer very gently for a further 20 minutes or until the vegetables are soft. If you have the heat too high the milk in it may cause it to boil over.

Now you can put the whole lot into a blender – leave it to cool a little first – and blend to a purée. If you have to blend the soup in batches, make sure you have a bowl to hand to put the first batch into.

