



GET TOGETHER

Bringing people together through food

Seasonal Soup

Come together to prepare, cook and share a warming bowl of soup made with seasonal and locally grown vegetables

Organisation and skill: ★★★

Community involvement:

School age children, young adults, families, older people

Cost: £ £ £

Equipment:

Equipment

- Large cook's knife
- Small sharp knives
- Vegetable peelers
- Chopping boards
- Graters
- Kitchen scissors
- Measuring jugs
- Colander
- Induction hob
- Electric kettle
- Large pan (suitable for use on induction)
- Wooden spoon
- Hand blender or liquidiser
- Ladle
- Bowls & spoons or mugs

Ingredients

- Selection of seasonal vegetables
- Oil or butter
- Starchy thickener
- Liquid
- Seasonings
- Garnishes

Use the Soup Chooser Chart overleaf to put together ingredients for your own

Method

There are two basic methods for making soup * **a puree** – where all the ingredients are cooked and blended together to give a smooth soup * **a broth** – a thin liquid base with diced vegetables, grains, pasta or rice

Puree method

1. Roughly chop vegetables
2. Sweat vegetables in small amount of oil or melted butter until beginning to soften and onion looks translucent (or roast vegetables in a hot oven)
3. Add liquid to cover vegetables
4. Add seasoning
5. Simmer until vegetables are tender
6. Remove from heat, cool slightly
7. Blend soup until smooth using a hand (stick) blender in the pan or in a food processor or liquidizer
8. Taste and adjust seasoning
9. Garnish and serve

Broth method

1. Dice vegetables finely and evenly
2. Sweat vegetables in small amount of oil or melted butter until beginning to soften and onion looks translucent
2. Add liquid to cover vegetables and simmer for 10 minutes
3. Add pasta, rice, pulses etc. along with seasonings and simmer until the pasta or rice is just tender
4. Season to taste and serve hot

Seasonal Soup

Use this chart to create a range of seasonal soups for a good food activity. Basic cooking methods for puree and broth soups are outlined over the page.



Vegetables

Bulbs – red onion, brown onion, leeks, spring onions, shallots, fennel, garlic

Roots – carrots, parsnips, celeriac, turnips, swede, beetroot

Fruits – tomatoes, peppers, aubergine, courgettes, butternut squash, pumpkin, okra, chilli, sweetcorn

Flowers – broccoli, cauliflower, globe artichoke

Leaves – spinach, lettuce, cabbage, chard, nettle



Fat (for sweating vegetables)

Olive oil

Sunflower oil

Rape-seed oil

Butter

Non-dairy spread



Starchy thickeners

Pulses – lentils, cannellini beans, butter beans, chickpeas

Pasta (use for broths only)

Rice (use for broths only)

Potatoes

Flour for roux or cornflour for blended thickening

Okra

Noodles (use for broths only)

Pearl barley



Seasonings

Vinegar – balsamic, red wine, cider vinegar

Tomato puree, sun-dried tomatoes

Spices – ground pepper, nutmeg, coriander, ginger, mace, cumin, cinnamon, turmeric, paprika, cayenne
Root ginger, lemongrass, garlic

Herbs – basil, mint, thyme, chervil, chives, coriander, Rosemary, Bay leaf, tarragon, sage, oregano

Miso paste, harissa paste, chipotle paste

Citrus – lemon juice, orange zest, lime juice

Beef or **yeast extract**

Worcestershire sauce, soy sauce, tabasco



Liquids

Vegetable stock

Chicken stock

Milk

Coconut milk

Water

Tomato juice or **passata**



Garnishes

Single cream, double cream, crème fraîche

Yoghurt

Croutons

Finely chopped vegetables (brunoise)

Grated cheese

Chopped herbs

Crispy onions / bacon

Flavoured oil – chilli, nut, herb etc.