

Lesson plan for teachers Lesson 9: How to make soup



| project | |
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| | Learning intentions |
| | To understand how to make a seasonal soup ▼ To practice knife skills |
| | ♣ To make Garden glut soup |
| | Key skills |
| | Chopping Sweating Boiling Stirring Seasoning |
| | Before the lesson |
| | ♣ Read through lesson plan and teaching tips in full |
| | Read through recipe in full |
| | ♣ Print one copy of recipe per pupil ♣ Gather ingredients and equipment needed for Garden glut soup recipe |
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| | Running order |
| | Welcome children to classroom Introduce learning intentions Recap concept of seasonality and check children's understanding, then discuss the current season and what produce is in season Introduce Garden glut soup recipe and explain that it's a "minestrone", which is the Italian name for vegetable soup, then explain that it can be made using different ingredients, according to what's in season Recap rules and get ready to cook Explain that all soup starts by slowly cooking a base of vegetables – today's soup uses onion garlic, celery and leek Demonstrate slicing the leek lengthways, then get children to rinse the leek and celery thoroughly If confident with levels of supervision, divide class into three groups: get Group 1 to prepare |
| | onion and garlic, Group 2 to prepare celery and Group 3 to prepare leeks, then collect everything into a large bowl |
| | 9 Regroup, then place a large pot on a medium heat and get one of the children to measure an add the olive oil and another child to add the chopped veg |
| | 10 Turn the heat down to low to cook for 10 to 15 minutes |
| | 11 Meanwhile, divide the class into two groups: get Group 1 to wash, peel and chop the potatoes into chunks using the bridge technique and Group 2 to wash and chop the courgettes into chunks using the bridge technique, then collect everything into a large bow. 12 Get one of the children to crumble the stock cube (if using) into a large measuring jug, then carefully top up with boiling water and demonstrate stirring and letting the stock dissolve while you recap how to measure liquids |
| | 13 Get one of the children to carefully add potatoes and courgettes to the pot, then ask another |
| | to season the soup with a tiny pinch of salt and pepper |
| | 14 Carefully pour hot stock into the pot, taking care to mind any splashes or hot steam.15 Explain that you need to bring soup back to the boil, then reduce heat to cook courgettes an |
| | potatoes 16 Work together to pod the peas and broad beans and rinse spinach well 17 Law the table |

17 Lay the table

Lesson 9 continued: How to make soup



| | 18 Demonstrate how to check potatoes are cooked by inserting a knife into one of them 19 Add remaining vegetables and cook for a further 4 minutes 20 Work together to tidy kitchen 21 Remove pot to a heatproof surface and leave for a couple minutes until the bubbling stops 22 If blending, blitz the soup now, then get one of the children to have a taste and season, if needed 23 Sit down together to taste 24 Finish with discussion questions |
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| | Terms and techniques |
| | ★ Chopping ★ Sweating ★ Boiling ★ Seasoning |
| | Curriculum links |
| Maths | Create an observation journal to measure the growth of new spring plants in the garden. Measure the height and the length of fruit or vegetables and the width of leaves. Create a graph showing their progress over time |
| Literacy | Write a persuasive paragraph to encourage someone who has never eaten a vegetable soup to try the Garden glut soup , creating a convincing argument for why they should give it a try |
| | Your notes |
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Teaching tips for teachers Lesson 9: How to make soup



Introduction



Being able to make a good, simple soup from scratch is a great skill to have. Soup is cheap to make, filling, and can be really nutritious. It's also a great way of adding vegetables to your diet. Once you know how to make a basic soup, the possibilities are endless. Have a play around with different flavours, herbs and spices, and come up with your own unique take on soup.

Most soups start with a base of vegetables like onion, celery or carrot. These vegetables are finely chopped and need to be cooked slowly at first (this is called sweating), releasing all their lovely flavours and building a base ready for the next step.

The bulk of your soup will be the stock. Nothing beats homemade chicken or vegetable stock, which is super simple to make: go to www.jamieoliver.com for a recipe. If you don't have homemade stock, look for low-salt organic stock cubes.

From there the sky's the limit. Soup is a great way to use any seasonal or leftover vegetables. Play around with different flavours, herbs and spices, and come up with your own unique combinations.

Today's soup is a basic spring garden "minestrone", which is just the Italian name for vegetable soup. It's a great way of using up the vegetables you might have growing in the garden – especially when there's a glut, or surplus of veg during the summer months. You can easily swap ingredients to suit the season – replace the spinach with chopped savoy cabbage, kale, chard or spring greens, or use green beans and string beans instead of peas and broad beans – whatever you fancy.

It's important to thoroughly wash or peel the vegetables before you add them, as you don't want any dirt to end up in your soup. Leeks can be especially gritty, so peel off the outer layers, slice the leek in half lengthways and rinse well under cold running water, letting the water run downwards to wash out the grit.

Garden glut soup

- * All soups essentially begin the same way: slowly cook the base vegetables (onion, celery and carrot) then, once soft, add the other vegetables
- Great soups can be made using just one type of veg and it's a good way of using up a glut from the garden
- ▶ Make sure an adult adds the stock to avoid any splashing and burns
- * Check if the potatoes are soft by using the same method learnt in **How to use heat** (Level 1, Lesson 5), by inserting the tip of the knife into the potato
- *Don't add the green vegetables too early, otherwise they'll overcook and will lose their lovely bright green colour
- ★ The soup can be served as is, or blended if you don't want to blend it, simply skip to step 15 in the recipe
- ▶ If you choose to blend the soup, there's no need to worry about finely chopping simply roughly chop the veg, keeping the pieces roughly the same size so they'll cook evenly
- * An adult should blitz the soup using a hand blender (and a tea towel to protect their hand), keeping the blender fully submerged to avoid splashing

Garden glut soup



Serves 8



Jamie's top tip

This is a great way of using up the vegetables you might have from a growing frenzy. You can easily swap ingredients to suit the season - replace the spinach with chopped savoy cabbage, kale, chard or spring greens, or use green beans and string beans instead of peas and broad beans - the sky's the limit!

Equipment Chopping board __ Knife Large mixing bowl Large pot with lid Measuring spoons Wooden spoon Y-shaped peeler Large measuring jug Weighing scales Stick blender Tea towel Ladle Serving bowls

Ingredients

- 1 medium onion 2 sticks of celery
- 1 medium leek
- 2 cloves of garlic
- olive oil
 - __3 medium potatoes
 - 2 courgettes
- 1 organic vegetable stock cube or 1.4 litres hot fresh vegetable stock
- sea salt and freshly
- ground pepper
- _ 100g podded fresh peas
- or broad beans
- 200g baby spinach
- a few sprigs of fresh mint



Here's how to make it?

- Peel and roughly chop the onion on a chopping board, then place in a large bowl.
- Trim and roughly chop the celery and leek (make sure you wash it really well) and add to the onion.
- Peel and finely chop the garlic cloves and add to the bowl of chopped vegetables.
- Place a large pot on a medium heat and add 2 tablespoons of olive oil.
- Once hot, add all the chopped vegetables, turn the heat down to low and cook with the lid askew for 10 to 15 minutes, or until tender, stirring occasionally. Meanwhile...
- Peel the potatoes using a Y-shaped peeler, then chop into rough 2cm chunks and place in the empty bowl.
- 7 Chop the courgettes into rough 2cm chunks and place in the bowl with the potatoes.
- Fill and boil the kettle.
- Once the vegetables are cooked, add the potatoes, courgettes and a tiny pinch of salt and pepper.
- 10 Crumble the stock cube (if using) into a measuring jug and carefully top up to 1.4 litres with boiling water and stir until dissolved.
- 11 Carefully pour the hot stock into the pot.
- 12 Turn the heat up to high and bring to the boil, then reduce the heat to medium-low and cook for 15 to 20 minutes or until the potato is cooked through.
- Add the peas or beans and the spinach and cook for a further 4 minutes, or until the peas are tender.
- 14 Carefully remove the pot to a heatproof surface and leave for a minute or two to stop bubbling.

- 15 Carefully blitz with a stick blender until smooth (use a tea towel to protect your hands from little splashes).
- Have a taste and add a tiny pinch of salt and pepper if you think it needs it.
- 17 Pick and roughly chop the mint leaves, discarding the stalks.
- 18 Carefully ladle the soup into bowls and sprinkle over the mint it's delicious served with homemade croutons.

Your notes...



Step by step D



Step by step D

