

Lesson 4 - Food Waste

Recipe: Vegetable Soup, Stock and Canapes

Teaching notes:

Individual centres to decide if students work individually, in pairs or in 4s, depending on students ability and levels. i.e. potential strategies for differentiation/ stretch & challenge.

Standard recipe portions: 1

Number of students: 50

Ingredients	Quantity (Units: in g, ml or each)	Food order minimum quantity estimate for the class (Units: in kg, l or each)
Oil (ml)	20	1 L
Carrot	1 small	1 kg
Celeriac (each)	1/8	1
Tomato (each)	1	10
Swede	1/6	2 each
Potato (each-small)	1	1 kg
Onion (each)	1	1.5 kg
Celery (stick)	1	2 head
Courgette (each)	1/4	1 kg
Garlic	1 clove	head
Leek (each)	1/4	1.5 kg
tarragon	to taste	bunch
thyme	to taste	bunch
rosemary	to taste	bunch
Chives	to taste	bunch
spaghetti (g)	15	pack
Small puff pastry cases	1	box
Tomato Paste (g)	10	tin
Lemon (each)	1/4	4
Star anise, fennel seeds, peppercorns		
Miscellaneous(salt , pepper etc..)		

Equipment	Quantities
Sauce pan (soup)	2
Frying pan (canape veg)	1
Wooden spoons	1
Ladle	1
Strainer/ Colinder	1
Spoon for tasting	1
Bowls	2
Tray	1
Chopping board	1



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Method

Vegetable Soup

1. Pour oil into sauce pan over a medium heat.
2. Add onion & garlic , sweat without colour.
3. Add cut vegetables with a little tomato paste and sweat for 5 minutes.
4. Add vegetable stock and bring to a simmer.
5. Add cooked spaghetti and hard herbs.
6. Cook until all vegetables are soft, add tomato concass.
7. Add soft herbs and serve.

Vegetable stock

1. Select onion, carrot, celery and leek trimmings as base vegetables for the stock.
2. Add small amount of seeds and spices to vegetables.
3. Cover vegetables with cold water and bring to a rolling simmer. Reduce heat to a light simmer and cook for 10-15 minutes.
4. Take off heat and add any soft herb stalks/leaf that is left over. Add a squeeze of lemon juice.
5. Let cool for at least 10 minutes to infuse flavour. Strain and chill/use as required.

Canapes

1. Pour oil into frying pan over a medium heat.
2. Add finely diced trim from vegetables. Add chopped herbs. Sweat until soft.
3. Add squeeze of lemon juice and adjust seasoning.
4. Chill.
5. Fill pastry cases with vegetable mixture and top with sprinkle of finely chopped chives.