

Creamy Soup or Pasta sauce

Today you will be practicing skills you have learned over the last 3-4 weeks.

- Good kitchen hygiene
- Following a recipe
- Knife skills
- Cooking to 'soften' vegetables in oil
- Simmering

You will learn how to thicken a soup or sauce using flour.

Ingredients

A LARGE, NAMED CONTAINER to take your product home in.

1 onion/leek

1 clove of garlic

1 potato

1-2 stock cubes or equivalent

For soup - half a pint of milk

For sauce – quarter of a pint of milk

Please also provide one or more ingredients from the following lists to add to your creamy soup/sauce. Choose the flavours you think your family would like best!

- a. Meat – 4-6 slices of bacon (uncooked is OK) or ham, pepperoni, salami, chorizo or other cooked sausage, tin of tuna or salmon, small amount of smoked salmon.
- b. Veg – extra leek, mushrooms, bell pepper, small tin of sweetcorn, small cup of peas, stick of celery

You could also bring in fresh thyme/parsley/chives.

Method

If you are planning to make a pie, check the oven is clean and the shelves are in the right place for your pie dish. Now turn on the oven to 200 C/gas mark 6.

Prepare the stock

1. Boil the kettle and put 200ml water in a jug.
2. Stir in the stock cube. Put it in a safe place for later.

Prepare the meat

1. Get 2 small bowls, sauce pan, wooden spoon, knife, red chopping board, veg chopping board and metal dessert spoon (for tasting!)
2. Put 3 tablespoons of flour in a small bowl. Put it in a safe place for later.
3. Put 1 tablespoon of veg oil in the pan.
4. Cut the meat/smoked salmon into pieces with scissors over the red board. Put the meat in the other small bowl. (If you are using tinned ingredients, open the tin, drain away the liquid and put the ingredients in the bowl)
5. Wash, dry and put away the scissors and red board.

Prepare the veg

1. Now wash, peel and prepare all the vegetables by cutting them into cubes/chunks/slices.
2. Put the chopped veg in the pan. NOT SWEETCORN OR PEAS – you add them when the sauce has been made!
3. Crush the garlic into the pan.
4. Gently soften all the veg for 10 minutes or until the onions are transparent.

Make the sauce

1. Add the meat. If it is raw, cook gently.
2. Stir in the flour. The flour will form a coating around the veg and meat.
3. A bit at a time – stirring carefully all the while - pour in the milk.
5. Cook gently for 2-3 minutes. Remember to scrape the wooden spoon over the bottom of the pan to loosen any stuck mixture. The flour will mix with the milk and make delicious sauce. Add the stock that you made earlier and simmer for 2-3 minutes.
6. Add peas/sweetcorn and simmer for 2-3 minutes more.
7. If necessary, thin the sauce/soup by adding water.

Flavourings

Stir in a pinch of pepper. Taste! Do you need more pepper or some herbs?

(You may now put your soup in the blender to make it smooth)

Scrape ALL the sauce/soup out of the pan into your container, or your pie dish. NO WASTE!!

Allow to cool while you tidy up.

Pie Challenge

ONLY ATTEMPT THIS WITH AT LEAST 40 MINUTES OF THE LESSON LEFT

If you have run out of time, perhaps you could have a go at this at home tonight!

1. Get a small cup of water, a white pastry board, a rolling pin, a pastry brush, a tablespoon of flour, beaten egg in a small bowl.
2. Flour your board and rolling pin.
3. Roll out the pastry to 3-5mm thickness.
4. Paint a little water on the top edges of the pie dish. This will help the pastry to stick.
5. Lay the pastry over the top of the dish and trim it with the knife, to make a lid. (If your dish is really deep and there is a big gap between the sauce and the pastry, you can lay the pastry inside the dish, directly on top of the sauce.)
6. Cut a 10mm slot in the lid to allow steam to escape
7. Brush over the top of the lid with beaten egg to give it a glaze.
8. Bake in the oven for 15-20 minutes or until the lid is golden brown.
9. While it is cooking, tidy and wash up.

