

Spicy Tomato Soup/Pasta Sauce (V)

The most simple soup or sauce to make. It is cheap, easy and can be flavoured with many different herbs and spices. **To make a sauce**, just prepare and cook the ingredients carefully.

To make soup, you add more water and then blend if you would like to create a smooth texture.

Challenge, *adapt your recipe to include bacon or sausages to make a meaty tomato sauce or other vegetables to make Ragu (vegetable stew)!*

Ingredients

1 onion

1 carrot

1 potato

1 can chopped tomatoes (400g)

1 stock cube

Half teaspoon chilli powder

1 teaspoon herbs or paprika

1 table spoon cooking oil

Large container to take soup home in

soup - 500ml water sauce – 100ml water

Equipment

Green chopping board

Knife

Wooden spoon

Liquidiser

Saucepan

Vegetable peeler

Measuring spoons

Measuring jug

TOMATO SOUP OR PASTA SAUCE

Method

Prepare the Vegetables

1. Peel, slice and dice the onion
2. Wash, top, tail, peel, and slice the carrot into sticks. Cut the sticks into small cubes.
3. Wash, peel and cut the potato into 1cm cubes.

Soften the onions

1. Put 1 table spoon oil in a large saucepan
2. Warm over a low heat.
3. Add the onions and stir with the wooden spoon until it is soft and transparent.

Make the stock

1. Pour the water into the pan over the onions.
2. Bring to the boil and stir in the stock cube.

Add the veg

1. Add the potatoes, carrots and tomatoes
2. Simmer with a lid on until the veg is soft (15-12 minutes)

Season and flavour

1. Add the half teaspoon of chilli and a pinch of pepper.
2. Add either a teaspoon of paprika or a teaspoon of herbs.
3. Stir and simmer until the veg are soft enough to be crushed against the side of the pan with the wooden spoon.

Liquidise

1. Cool the soup. Turn off the heat. Run 5-10cms depth of cold water into a sink. Lift the pan off the cooker and rest it in the cold water in the sink for 5 minutes to reduce its temperature.
2. **Scrape out your pan thoroughly**
3. Liquidise in the blender, to make a smooth soup or sauce. Ladle the soup slowly into the liquidiser. **DO NOT POUR!!!**
4. Ask your teacher to liquidise the soup for you.
5. Pour the soup into your container and put it in the fridge.

Clean up.

1. Put water and a drop of washing up liquid in your pan as soon as it is empty.
2. Wash up in hot water. Wash the dirtiest items last.
3. Dry and put away all items.
4. Wash down and dry all the surfaces. Don't forget the edges of the bench!
5. When the hob is cool wash it down. Replace the fittings carefully.
6. Wash the sink, bowl and draining board.
7. **REMOVE ANY FOOD FROM THE PLUG HOLE!!!**
8. Ask your teacher to check your kitchen.

At Home Warm your soup or sauce until it is piping hot.

