

Chicken Soup or Pasta sauce

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

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

You will learn how to make a stock, by boiling 'left-over' bones, herbs, spices and vegetables and how to thicken a soup or sauce using flour. You can choose to make either chicken and sweetcorn soup or chicken and sweetcorn pasta sauce with this recipe. Decide which your family would prefer.

Ingredients

1 onion,

1 carrot,

1 clove of garlic,

For soup - half a pint of milk

For sauce – quarter of a pint of milk, or a small pot of cream

Optional flavours and textures– 2 sticks celery, small tin sweetcorn, handful of peas, red pepper, 2-3 rashers cooked bacon or ham

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

OPTIONAL - Roysia will provide veg oil, flour, salt, pepper, roast chicken, celery, herbs and spices, however, if you have herbs at home, you could bring in a handful of...

- sage
- thyme
- parsley
- chives
- rosemary
- bay leaf

Method

Prepare the chicken

1. Get a saucepan and lid.
2. With super-clean hands, strip the meat from the chicken leg and put the meat in the container.
3. Tear it into bite-sized pieces.
4. Put it in the container.
5. Put the lid on the container and put it in the fridge for later.
6. Put the bones in a saucepan.
7. WASH YOUR HANDS

Make the stock

1. Get a green or brown chopping board, a knife, a wooden spoon, a measuring jug with 250ml cold water.
2. Cut the carrot into slices – no need to peel – and put the slices in the pan
3. Cut the celery into slices and add the slices plus any leaves to the pan.
4. Peel the onion.
5. Cut the onion into slices and put HALF OF THE SLICES in the pan. SAVE the other half for later!
6. Add 2 cloves, a bay leaf, a sprig of sage and thyme.
7. Pour the water over the ingredients until they are ONLY JUST covered with water.
8. Bring to boil and put the lid on.
9. Simmer for 30 minutes – make sure it does not dry out – add more water if needed.
10. You have now made stock!

Strain the stock

1. Get a colander and the measuring jug you used earlier.
2. BE CAREFUL – HOT LIQUID
3. In the sink, pour the stock through the colander, into the jug. Some may spill – that's why you need to work at the sink!
4. Put the jug of stock in a safe place on the work surface. You will need it soon.
5. Tip the bones etc. back in the pan and carry them carefully to the bin.
6. Remove all of the stock ingredients from the pan into the bin.

Make the sauce or soup.

1. Put 3 tablespoons of flour in a small bowl. Put it on the work surface.
2. Put 1 tablespoon of veg oil in the pan.
3. Now prepare the remaining vegetables by cutting them into small cubes/chunks.
4. Crush the garlic into the pan.
5. Put all the chopped veg in the pan with the remaining onion slices.
6. Gently soften for 10 minutes, until transparent and turning golden.
7. Stir in the flour. The flour will form a coating around the veg.
8. A bit at a time – stirring all the while - carefully pour the stock over the onions.
9. Stir well for 2 minutes, scraping the wooden spoon over the bottom of the pan to loosen any stuck mixture.
10. The flour will mix with the stock and make delicious sauce.
11. When it starts to get thick, add your milk or cream.
12. Add bacon/ham and simmer for 2-3 minutes more.

Flavourings – important!

1. Stir in half a teaspoon of salt and half a teaspoon of pepper. OPTION – add half a teaspoon of dried herbs.
2. Allow to cool while you start tidying up.
3. Get your container from the fridge and pour your soup/sauce over the chicken.
4. Stir. Taste. Does it need more salt and pepper?
5. Lid on and back in the fridge quick!

At home

When you reheat this soup/ sauce at home, make sure you get it really hot. Cook it at this high temperature for 6 minutes and serve it piping hot.

OPTION 1 – Soup – add water until it is the right thickness, and serve with a chunk of bread

OPTION 2 – Pasta Sauce – cook 100g pasta/person and spoon the piping hot sauce over the pasta before serving. Sprinkle with some grated cheese.

BACK TOGETHER AGAIN

Remove the ingredients from the heat and add the cooled stock, stirring as you add.

Add the chicken shreds.

Now simmer the soup for 10 minutes. Stir occasionally.

Taste the soup and add salt, pepper and herbs a little at a time until the soup tastes perfect.

Do you want to liquidise the soup to create a smooth texture, or leave it chunky?

Put completed soup into containers and wash up.

Clean the cooker when it is cool.

Sweep up.

There will be a kitchen and pan inspection!

HOMEWORK – you may work with your partner or on your own...

Choose one of the options below

1. Create an advertising poster for a can of your soup. You will have to invent a name for your soup, and a company name. Promote the special ingredients, secret recipe etc...
2. Draw an observational drawing of some of the ingredients you used today. Find an onion, leek, carrot etc.. at home, and draw them! Make them look real!
3. Write a list of SOUP DOs and DON'Ts. How to avoid disasters in the kitchen when cooking soup. Consider safety as well as burning the ingredients, etc... You could do this as a cartoon strip or a written list.
4. Investigate. Go to the shops and work out how much today's soup will have cost to make. Write down the cost of each ingredient. Divide by 4 to work out the cost/person. Present your findings neatly.