



## Vegetable Chowder

### Ingredients

- 1 onion
- 1 carrot
- 1 leek
- 1 potato
- 1 celery stick
- 1 x 10ml spoon oil
- 300ml stock (water and stock cube)
- 300ml milk
- 1 x 15ml spoon coriander, chopped

### Equipment

Chopping board, knife, vegetable peeler, measuring spoons, saucepan, wooden spoon, measuring jug.

### Method

1. Peel and chop the onion.
2. Top and tail the carrot, then peel and dice.
3. Top and tail the leek, then slice.
4. Peel and cube the potato.
5. Slice the celery.
6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.
7. Add the stock to the saucepan and bring to the boil.
8. Add the potatoes and simmer for 20 minutes.
9. Stir in the milk and chopped coriander warm through and serve.

### Top tips

Try using a sweet potato.

Vary the types of vegetables used depending on what is in season.

Add canned or frozen sweetcorn or a can of beans.

If you have a blender, blend the soup.

Try adding different herbs and spices.

### Skills

Onion preparation	Bridge hold	Using the hob	Measuring	Combining/mixing
Peeling	Simmering (heat control)	Claw grip		

