

Year 6 Autumn 1 Design Technology

Seasonal Foods

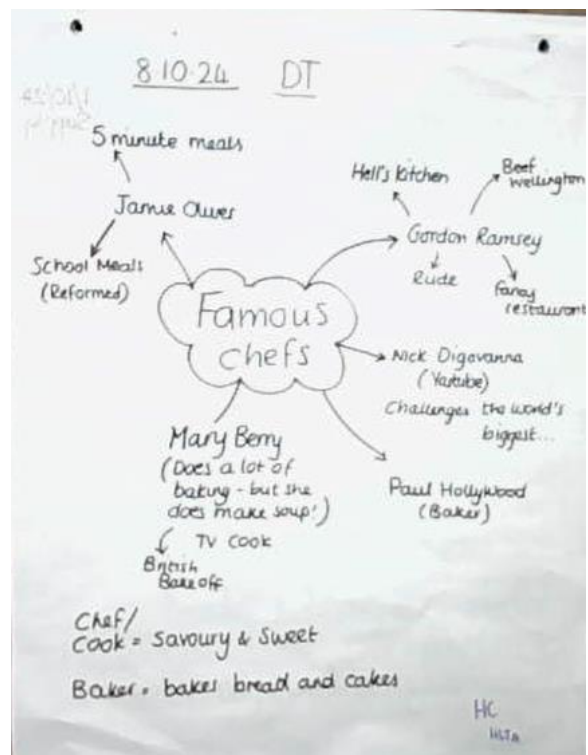
Lesson 3 8.10.24

Year 6 shared their knowledge of known chefs such as Gordon Ramsay and Jamie Oliver. As a class, they spoke about what those chefs are trying to encourage, including quick easy meals and healthy eating.

They discussed the difference between a chef and baker, sharing some ideas about Mary Berry and the wonderful baking she does.

The children spent the lesson researching a range of seasonal soups. They considered the different seasonings, spices and flavours they might need.

The children then generated a list of their ingredients onto sheets in groups.



Soup Recipe Research

Flavours and vegetables I like:

potato
garlic (for my Soup)
Mix herbs
leeks
onion

Vegetarian protein I may like to use:

None

Chunky or smooth?

Chunky

Using the recommended websites, find some recipes that use ingredients that you like to help you with your own soup recipe design next week.

2 potatoes (dice them)
2 Leeks (dice)
2 onions (dice)
1 tbs mixed herbs
1 tbs oil (2 if needed)
1 garlic clove
1 thyme sprig

Leek and Potato Soup.

1. Dice potatoes and onions, before cutting your leeks.
2. chop garlic finely, before

3. When Served, put on thyme sprig, before sprinkling black pepper and salt.

1. Dice your onion first, by peeling the hard skin and dicing them.
2. Peel your potatoes, and dice into 1cm cubes.
3. Peel garlic by pressing down on knife, before chopping finely.
4. Put lbs into a pot, before throwing in your items.
5. Add mixed herbs, salt, and pepper, then mix well.
6. Add boiling hot water then put it on stove.
7. When ~~ser~~ served, it must be hot, and add your sprig of thyme for style.

Soup Recipe Research

Flavours and vegetables I like:

pumpkin, ~~peas~~ chili spice.

Vegetarian protein I may like to use:

beans

Chunky or smooth?

Using the recommended websites, find some recipes that use ingredients that you like to help you with your own soup recipe design next week.

1 pumpkin, about 1.5-2kg ~~leave the seeds~~

1tbsp garam masala,

2tsp ground ~~cori~~ coriander

2tsp ground cumin

1/2-1tsp chilli flakes or powder, plus a pinch

3tbsp olive

1 onion, finely chopped

ginger, peeled and finely chopped

2 garlic cloves, finely chopped

900ml veg stock

100ml double cream or crème fraîche, plus extra to serve

Method - Step 1

Heat the oven to 180C/160C fan/gas 4.
Cut the pumpkin in half and remove the seeds with a spoon. Cut into wedges or chunks (keep the skin on) and tip into a bowl.

more on back.

Put the garam masala, and 1tsp each of the coriander and cumin into a small bowl and mix with 2tbsp of the oil and season. Drizzle over the pumpkin and toss well to coat in the spiced oil. Transfer to a baking tray, spread out evenly and roast for 40-45 mins, turning halfway through cooking, until the pumpkin is very soft when pierced with a fork. Leave to cool on the tray for a few minutes.

Step 2

Heat the the remaining 1tbsp olive oil in a large sauce pan and fry the onion with a pinch of salt for 10 mins until soft. Add the ginger, garlic and remaining spices and chill flakes, and fry for a few more minutes until ~~just~~ fragrant. Pour in the stock and bring to a gentle simmer.

Step 3

When the pumpkin is cool enough to touch, use a spoon to scoop the soft flesh from the skins. Add the soft pumpkin to the stock pan, ~~starting~~ discarding the skins. Remove from the heat and blitz the soup with a hand blender until creamy and smooth. Season to taste, adding extra chilli or garam masala if you like. Put back over a low heat and stir in the cream. Bring to a gentle simmer, then serve in bowls with a drizzle more cream and a pinch of chilli to serve. ~~For extra~~

Soup Recipe Research

Flavours and vegetables I like:

Tomato carrot
broccoli

Vegetarian protein I may like to use:

Peas

Chunky or smooth?

Smooth

Using the recommended websites, find some recipes that use ingredients that you like to help you with your own soup recipe design next week.

3tbsp olive oil 2 onions (chopped)
2 celery sticks (chopped) 300g carrot (chopped)
500g potato (diced) 4 bay leaves
5tbsp tomato purée 2tbsp sugar
2tbsp red or white wine vinegar
4x400g cans chopped tomatoes
500g passata 3 vegetable stock
cubes 400ml whole milk.

Step 1. Put the oil, onions, celery, carrots, potatoes and bay leaves in a big casserole dish or two saucepans. Fry gently until the onions are softened - about 10-15 mins. Fill the kettle and boil it.

Step 2 Stir in the tomato purée, sugar, vinegar, chopped tomatoes and passata, then crumble in the stock cubes. Add 1 litre boiling water and bring to a simmer for 15 mins until the potato is tender, then remove the bay leaves. Purée with a stick blender (or ladle into a blender in batches) until very smooth. Season to taste and add a pinch more sugar if it needs it. The soup can now be cooled and chilled up to 2 days, or frozen up to 3 months.