

Lentil Soup



<p style="text-align: center;"><u>Ingredients</u></p> <p>1 carrot 1 large onion 1 celery stick 1 large potato 100g red lentils 1 vegetable stock cube 2 tbsp vegetable oil 500 ml semi-skimmed milk</p>	<p style="text-align: center;"><u>Equipment</u></p> <p>Wooden/white chopping board Peeler Vegetable knife 2 measuring jugs Ladle Teaspoon Skewer Fork 2 wooden triangles Sieve Small saucepan Large saucepan 2 wooden spoons Hand blender</p>		
<p style="text-align: center;"><u>Suggested garnish/decoration</u></p> <p style="text-align: center;">Sprig of parsley 25ml whipping cream</p>	<p style="text-align: center;"><u>Serving dish(es)</u></p> <p style="text-align: center;">Soup bowl</p>		
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td data-bbox="177 1106 1086 1957" style="width: 65%; vertical-align: top;"> <p style="text-align: center;"><u>Method</u></p> <ol style="list-style-type: none"> 1. Peel and dice 1 carrot and 1 potato. Cut 1 onion in half, peel it and finely chop it. Wash 1 celery stick. Trim off the ends and slice it thinly. 2. Measure 375 ml boiling water into a jug. Carefully add the stock cube and stir with the fork until the cube is dissolved. 3. Put 100g red lentils into a sieve. Rinse them under the tap. Put them into the small saucepan and cover them with boiling water. Simmer for 15 minutes. 4. Meanwhile, put 2 tbsp vegetable oil into a large saucepan. Add the carrot, onion, celery and potato. Fry gently for 7-10 minutes. 5. Turn down the heat slightly. Then add the vegetable stock and the partly cooked (drained) lentils. Simmer (boil gently) for 15-20 minutes. 6. Remove the soup from the cooker – set it on a wooden triangle. Blend the soup using the hand blender. 7. Pour the mixture back into the large saucepan. 8. Stir in 500ml semi-skimmed milk and reheat the soup. 9. Using a ladle, transfer the soup to bowls. Use the teaspoon to put a few drops of cream in a circle on top of the soup. Draw a sharp skewer through the drops to ‘feather’ it. Complete the garnish with a sprig of parsley in the centre. </td> <td data-bbox="1086 1106 1394 1957" style="width: 35%; vertical-align: top;"> <p style="text-align: center;"><u>Reminders</u></p> <p>Fill and boil the kettle. Put peelings in bin.</p> <p>Simmer means boil gently.</p> <p>Check lentils are cooked and drain them in the sieve over the sink.</p> <p>Take care that the hot soup does not splash out when blending.</p> </td> </tr> </table>		<p style="text-align: center;"><u>Method</u></p> <ol style="list-style-type: none"> 1. Peel and dice 1 carrot and 1 potato. Cut 1 onion in half, peel it and finely chop it. Wash 1 celery stick. Trim off the ends and slice it thinly. 2. Measure 375 ml boiling water into a jug. Carefully add the stock cube and stir with the fork until the cube is dissolved. 3. Put 100g red lentils into a sieve. Rinse them under the tap. Put them into the small saucepan and cover them with boiling water. Simmer for 15 minutes. 4. Meanwhile, put 2 tbsp vegetable oil into a large saucepan. Add the carrot, onion, celery and potato. Fry gently for 7-10 minutes. 5. Turn down the heat slightly. Then add the vegetable stock and the partly cooked (drained) lentils. Simmer (boil gently) for 15-20 minutes. 6. Remove the soup from the cooker – set it on a wooden triangle. Blend the soup using the hand blender. 7. Pour the mixture back into the large saucepan. 8. Stir in 500ml semi-skimmed milk and reheat the soup. 9. Using a ladle, transfer the soup to bowls. Use the teaspoon to put a few drops of cream in a circle on top of the soup. Draw a sharp skewer through the drops to ‘feather’ it. Complete the garnish with a sprig of parsley in the centre. 	<p style="text-align: center;"><u>Reminders</u></p> <p>Fill and boil the kettle. Put peelings in bin.</p> <p>Simmer means boil gently.</p> <p>Check lentils are cooked and drain them in the sieve over the sink.</p> <p>Take care that the hot soup does not splash out when blending.</p>
<p style="text-align: center;"><u>Method</u></p> <ol style="list-style-type: none"> 1. Peel and dice 1 carrot and 1 potato. Cut 1 onion in half, peel it and finely chop it. Wash 1 celery stick. Trim off the ends and slice it thinly. 2. Measure 375 ml boiling water into a jug. Carefully add the stock cube and stir with the fork until the cube is dissolved. 3. Put 100g red lentils into a sieve. Rinse them under the tap. Put them into the small saucepan and cover them with boiling water. Simmer for 15 minutes. 4. Meanwhile, put 2 tbsp vegetable oil into a large saucepan. Add the carrot, onion, celery and potato. Fry gently for 7-10 minutes. 5. Turn down the heat slightly. Then add the vegetable stock and the partly cooked (drained) lentils. Simmer (boil gently) for 15-20 minutes. 6. Remove the soup from the cooker – set it on a wooden triangle. Blend the soup using the hand blender. 7. Pour the mixture back into the large saucepan. 8. Stir in 500ml semi-skimmed milk and reheat the soup. 9. Using a ladle, transfer the soup to bowls. Use the teaspoon to put a few drops of cream in a circle on top of the soup. Draw a sharp skewer through the drops to ‘feather’ it. Complete the garnish with a sprig of parsley in the centre. 	<p style="text-align: center;"><u>Reminders</u></p> <p>Fill and boil the kettle. Put peelings in bin.</p> <p>Simmer means boil gently.</p> <p>Check lentils are cooked and drain them in the sieve over the sink.</p> <p>Take care that the hot soup does not splash out when blending.</p>		