

## LEEK & POTATO SOUP

A delicious and economical soup that's perfect for making use of hearty ingredients grown in the school garden. Serves 4.

### How to make it

1. Put the oil in the pan and cook the onion over a medium heat until soft but not brown.
2. Add the leek and potato and cook for a further minute.
3. Add the veg stock, bring to the boil then simmer for 20 minutes until the potatoes are soft.
4. Remove from the heat and cool slightly. Purée the soup in the blender.
5. Return the puréed soup to the pan and reheat until almost boiling.
6. Stir in the cream and season with black pepper to taste. Serve immediately.

### Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Per 181g serving  
**ENERGY**  
 433kJ / 104kcal 5%

**LOW FAT**  
 5.0g 7%

**LOW SATURATES**  
 2.0g 10%

**LOW SUGARS**  
 4.5g 5%

**LOW SALT**  
 0.3g 9%

% of an adult's reference intake  
 Typical values per 100g : Energy 239kJ / 57kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (181g)
Energy	239kJ / 57kcal	433kJ / 104kcal
Protein	1.5g	2.7g
Carbohydrate (of which sugars)	5.8g (2.5g)	10.6g (4.5g)
Fat (of which saturates)	2.7g (1.1g)	5.0g (2.0g)
Fibre	1.6g	2.9g
Salt	0.3g	0.5g

### Ingredients

- 2 leeks, trimmed, washed and finely sliced
- 1 medium onion, finely chopped
- 1 medium potato, peeled and diced
- 3 tablespoons vegetable oil
- 1 dessertspoon reduced salt vegetable bouillon powder made up with 750ml water
- 100ml single cream (optional)
- Black pepper to taste

### Equipment

Large saucepan, potato peeler, chopping board, sharp knife, measuring jug, tablespoon, wooden spoon, ladle, blender

### Show the children

- How to clean leeks
- How to use a peeler
- The bridge and claw knife techniques for preparing the vegetables
- How to make up vegetable stock
- How to blend soup – the safety points behind using a liquidiser
- How to season to taste – food hygiene and sensory aspects

### Under supervision, children can:

- Wash, trim and chop the leeks
- Peel and cut potato into chunks
- Use combined bridge and claw to large-dice the onion
- Make up the stock
- Work at the hob
- Taste and season the soup

### Skills

Combined bridge and claw knife techniques, using the hob, seasoning to taste, peeling, using a jug to measure liquids

**TIP!** LET SOUP COOL BEFORE BLENDING AND ONLY EVER HALF FILL THE BLENDER. CHILDREN SHOULD NOT OPERATE A BLENDER. HEAT SOUP BEFORE ADDING THE CREAM OR IT WILL CURDLE!



## LEEK & POTATO SOUP

LOOK INSIDE TO LEARN HOW TO GROW LEEKS AND POTATOES TO MAKE THIS SOUP FROM SCRATCH!



# GROW A SOUP

## LEEK & POTATO SOUP

### YOU WILL NEED:

- Leek seeds (choose a few varieties that will be ready to harvest at different times)
- Seed potatoes (a few varieties)
- 2 x 60 litre bags of compost
- 1 cane or large stick
- 1 bag of horticultural sand (if you have heavy clay soil)
- 5/6 egg cartons

### Grow your leeks...

#### 1. PREPARE YOUR BEDS IN WINTER

Add lots of compost to your beds in the winter to give you a head start in the spring. Leeks don't like heavy clay soils so if your soil is heavy or sticky, add some horticultural sand to your planting bed with the compost.

#### 2. SOW YOUR SEEDS IN MARCH OR APRIL

Choose a few seed varieties as some will be ready to harvest quicker than others. Make a shallow and straight groove in the soil about 1cm deep with your cane or stick, then sow your leek seeds along the trench thinly. Cover with soil, water then label. Do a few rows about 30cm apart.

#### 3. LOOK AFTER YOUR LEEKS

When the seedlings have a few leaves on them (usually after about 5 weeks) thin out your seedlings to around 15cm apart, leaving the strongest ones in. Keep your leeks well watered during the summer months – a good thick mulch of compost around the seedlings will help lock moisture into the soil. As your leeks grow, you can earth up soil around the plants to keep light out and give you a longer, whiter stem.

#### 4. HARVEST TIME!

Check the packet to see when you should harvest each leek variety. When the plants seem large enough, lift them gently with a fork, making sure not to disturb any neighbouring crops. You can leave leeks in the ground until you are ready to use them and you can store them for up to two weeks once they're out.



**TIP**

GROWING ACTIVITIES HELP PUPILS UNDERSTAND WHERE FOOD COMES FROM.



### Grow your potatoes...

There are lots of different varieties of potatoes but they fall into 3 different groups: first early, second early and maincrop. Here's a quick guide to planting and harvesting each variety.

#### 1. NURTURE YOUR SEEDS

In late February, put your seed potatoes in half an egg box, then leave them on a sunny, frost-free windowsill until several 1cm shoots appear. This process is called chitting.

#### 2. PLANT YOUR POTATOES

In spring, add compost and fork over your planting bed, then dig straight trenches 15cm deep and 60cm apart. Place your potatoes (shoots facing up) along the trench at 45cm intervals. Cover them with a mound of soil about 5cm above the original soil level.

#### 3. GET GARDENING

As the green foliage appears, keep earthing up, adding more soil to the mound at intervals throughout the summer. You should end up with a soil mound of 15cm around each plant.

#### 4. SUPER SPUDS

Your spuds will be ready between June and October. Look out for the flowers opening on the plant – when this happens, they're ready to eat, so carefully lift them out of the ground.

VARIETY	PLANT	HARVEST
FIRST EARLY	LATE MARCH	JUNE-JULY
SECOND EARLY	EARLY TO MID-APRIL	JULY-AUGUST
MAINCROPS	MID-LATE APRIL	AUGUST-OCTOBER

## Gardening Glossary

### EARTHING UP

This is when we mound up the soil around the stems of a plant to block out light. It encourages potato plants to grow taller (giving bigger crops) and helps leek stems stay white and long.

### THINNING OUT

Seedlings compete with each other for all the light, water and food in the soil. So to make sure the strongest ones have the best chance, you should pull up the weaker seedlings, giving the stronger ones an even space between them. This is called thinning out.

### MULCH

Mulch is a layer of compost or well-rotted manure that helps your plants grow. When you spread a 5cm layer of mulch around your plants on top of the soil, worms come to the surface and take the food down to the roots, plus it stops weeds growing and locks rainwater into the soil.