Chicken Broth

Ingredients (Makes 4 portions)

1 carrot
1 onion
1 stick of celery
1 piece of turnip
10ml vegetable oil
1 chicken stock cube
3 sprigs parsley
Seasoning

Equipment
Vegetable peeler
Vegetable knife
Chopping board
Grater
Saucepan and lid
Wooden spoon
Measuring jug
sieve

Method
1. Wash carrot, top and tail, then peel using a vegetable peeler. Make sure peelings go into the waste bowl. Rewash and grate carrot.
2. Wash celery, top and tail the stick, add these to waste bowl, then thinly slice celery.
3. Wash the turnip; remove the skin, rewash then dice.
4. Top and tail the onion, peel off the brown skin, and then chop finely. Dispose of peelings.
5. Put all vegetables into a pot and sauté until they begin to soften. Do not allow vegetables to brown
6. Dissolve stock cube in 750mls of boiling water.
7. Add the stock to the vegetables and bring to the boil.
8. Wash rice in a sieve and add to soup,
9. Allow the soup to simmer until rice and vegetables are cooked (approx. 15 mins)
10. Season to taste, then serve garnished with chopped parsley.