

Use of Technology

Hand blender

LEEK AND POTATO SOUP - BETWEEN 4

INGREDIENTS

- 1 small leek
- 2 small potatoes
- $\frac{1}{2}$ onion
- 12g margarine
- 1 vegetable stock cube
- 500mls boiling water

EQUIPMENT

- Large pan
- Chopping board
- Sharp knife
- Kitchen roll
- Measuring jug
- Wooden triangle

METHOD

1. Wash leek and cut into small pieces. Put into sieve and wash under the cold water to ensure that all dirt has been removed.
2. Peel and cut potato into small pieces.
3. Peel and cut onion into small pieces.
4. Large pan - place all vegetables with margarine into pan and cook very gently for 2-3 minutes with lid on.
5. Remove from heat and add stock cube and boiling water.
6. Cook on the hob for 20 minutes till vegetables are soft.
7. **See teacher** - remove from heat and using hand blender, blend soup till smooth.
8. Serve.
9. Blender should be washed as instructed by teacher. **BE CAREFUL OF SHARP BLADES.**