

PEA & MINT SOUP



This soup is quick to prepare and can be made with fresh peas, maybe grown at the school or frozen peas that are just sitting in the freezer waiting to be made into something delicious.



Makes 4 servings



45mins

Find out more: www.zerowastescotland.org.uk/food-waste/teaching-resources

**LOVE
FOOD**
hate waste

Ingredients

750ml boiling water
1 reduced-salt vegetable stock cube
2x 15ml spoons rapeseed oil
2x 15ml spoons fresh mint
1 small onion (chopped)
1 stick celery (chopped)
500g fresh shelled OR frozen peas
Ground black pepper (optional)
Reduced-fat crème fraîche OR low-fat natural yoghurt (optional)

Equipment

Weighing scales; Kettle for boiling water; Measuring jug; Knife; Scissors for chopping mint; Chopping board for onions and celery; Cup for chopping mint; Measuring spoons; Large saucepan; Wooden spoon; Pot stand; Blender; Ladle for serving; Tea towel; Tasting spoon; Spoon

Advance preparation & layout

Prepare the ingredients to a suitable level for the age and skills of the children. For example with younger children you may want to have chopped the onion and celery in advance. If you have a limited amount of time, the fresh peas could be shelled (store the peas in the fridge in a sealed bag to avoid the loss of nutrients).

Lay the tables with work stations for each pupil/group with all of the equipment and ingredients that they will need.

Make sure all of the children have washed their hands, tied back long hair, rolled up sleeves, put on an apron and removed any jewellery.

If you do not know the children well, use stickers or chefs' hats with the children's names on them. This enables you to communicate directly and manage the class better.

Before you begin

- Explain to the children what you will be doing.
- Introduce the recipe, and tell them how a recipe works.
- Discuss the ingredients and equipment.

You can demonstrate

- How to pod the peas.
- How to chop the onion and celery using the claw technique.
- How to make up the stock and measure liquids



Skills used include

Weighing, measuring, chopping claw technique, mixing/combining, blending, boiling/simmering and garnishing and serving.



Top Tips

If you are using a blender never fill to more than half full and always cover the lid with a thick tea towel and hold the lid down when blending.

If using a handheld blender, cool the soup before blending and make sure the blade is submerged into the liquid to avoid splattering.



Serving ideas

You could add a different garnish for example grilled bacon or finely grated cheese.



Food waste tip

Got leftover mint? Fresh herbs like mint can be frozen for another time.



Allergies and alternatives

For a non-vegetarian version swap the vegetable stock cube for a ham stock cube and add in approximately 200g of ham.

For dairy and lactose intolerance leave out the crème fraîche or yoghurt.

Celery is a potential allergen.

How to make the soup

- Measure 750ml of boiling water into the measuring jug. Crumble in the stock cube and stir with wooden spoon until dissolved.
- Wash the fresh mint and put into cup, chop with scissors put to side for later.
- Heat the rapeseed oil in the pan over a gentle heat.
- When the oil is hot put in the onion and celery and cook with the lid on stirring occasionally to stop the ingredients sticking to the bottom of the pan do not brown.
- Put the peas in the saucepan, stir to mix in with the onions and celery and add the stock.
- Bring to the boil, reduce the heat, stir and simmer for 10 minutes.
- Take off the heat and add the mint.
- Let the soup cool a little.
- Carefully blend the soup until smooth.
- Add black pepper to taste (if using).
- Serve with 5ml spoon of reduced-fat crème fraîche or low-fat natural yoghurt (optional).

Storage

Freeze and ideally use within 1 month. Cool quickly before pouring into a large freezer bag inside a plastic container. Once frozen, the bag can be removed and stored in the freezer. Defrost thoroughly before reheating until bubbling hot.

LEEK & POTATO SOUP

We bin half a million potatoes every day from our homes in Scotland. This soup is perfect for making sure tatties don't go to waste.



Makes 4 servings



40mins

Find out more: www.zerowastescotland.org.uk/food-waste/teaching-resources

**LOVE
FOOD**
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Ingredients

- 1 medium potato (about 250g), peeled & diced
- 2 leeks (about 350g), trimmed washed & finely sliced
- 1 medium onion, finely diced
- 1 reduced-salt vegetable stock cube
- 750ml water
- 1x 15ml spoon vegetable oil
- 150ml semi-skimmed milk
- Ground black pepper (optional)
- A few chives for garnish (optional)

Advance preparation & layout

Prepare the ingredients based on the age and skills of the children. For example with younger children you may want to have chopped the onion and leeks in advance or if you have a limited amount of time the stock could already be made up.

Lay the tables with work stations for each pupil/group with all of the equipment and ingredients that they will need.

Make sure all of the children have washed their hands, tied back long hair, rolled up sleeves, put on an apron and removed any jewellery.

If you do not know the children well, use stickers or chefs' hats with the children's names on them. This enables you to communicate directly and manage the class better.

You can prepare and chop the ingredients the day before but store the ingredients in containers in the fridge.

How to make the soup

- Put the chives in a cup and snip into small pieces with your scissors. They will be used as a garnish.
- Peel and chop the potato into small pieces.
- Remove the green top and root end of the leeks, and discard the outer layer and wash. Slice into 1cm pieces.
- Wash the leek slices and drain well in the colander.
- Peel and finely chop the onion using the claw and claw technique.
- Pour 750ml boiling water into the measuring jug, crumble in the stock cube and stir with a wooden spoon to dissolve.
- Place the oil in the saucepan and add the onion. Place over a low heat and cook the onion gently until soft but not brown. This will take about 5 minutes.
- Add the leeks and potato and continue to cook gently for a further 5 minutes, stirring to make sure that the leeks don't stick to the pan.
- Pour in the stock gently to avoid splashing, bring to the boil and then reduce the heat to a gentle simmer (small bubbles). Place the lid on the saucepan and cook for about 20 minutes until the potatoes are soft.
- Stir in the milk.
- Remove the soup from the heat to cool a little and puree in the blender or use a stick blender. If you don't have a blender then carefully mash together the ingredients in the pan.
- Carefully ladle the soup into dishes.

Equipment

Scales for weighing; Colander for washing the leeks; Vegetable peeler; Chopping board; Grater (optional); Sharp knife; Measuring jug; Kettle; Measuring spoons; Large saucepan with lid; Wooden spoon; Ladle; Pan stand; Blender or a potato masher; Tea towel; Mixing bowl (for the blended soup); Tasting spoon; Scissors and cup for chives

Before you begin

- Explain to the children what you will be doing.
- Introduce the recipe, and tell them how a recipe works.
- Discuss the ingredients and equipment.

You can demonstrate

- How to wash the leeks
- How to use the potato peeler and how to chop the onion, leek and potato using the bridge and claw technique.
- How to make up the stock and measure liquids



Skills used include

Weighing, measuring liquids, peeling the potatoes, chopping onions, leeks and potatoes using the claw and bridge techniques, blending, boiling/simmering and frying, snipping chives.



Top Tips

If you are using a blender never fill to more than half full and always cover the lid with a thick tea towel and hold the lid down when blending.

If using a handheld blender, cool the soup before blending and make sure the blade is submerged into the liquid to avoid splattering.



Serving ideas

You could add a different garnish for example grilled bacon or finely grated cheese.



Food waste tip

Storing potatoes in a cool, dark place will help keep them fresher for longer.



Allergies and alternatives

For a non-vegetarian version swap the vegetable stock cube for a chicken stock cube.

For dairy and lactose intolerance leave out the milk and add extra stock if necessary.

Storage

Freeze and ideally use within 1 month. Cool quickly before pouring into a large freezer bag inside a plastic container. Once frozen, the bag can be removed and stored in the freezer. Defrost thoroughly before reheating until bubbling hot.

LENTIL SOUP



This soup is a hearty and warming soup for winter and great for using up leftover veggies.



Makes 4 servings



30mins

Find out more: www.zerowastescotland.org.uk/food-waste/teaching-resources

**LOVE
FOOD**
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Ingredients

2 tbsp vegetable oil
1 onion, chopped
1 garlic clove, peeled & crushed
2 medium carrots (approx 110g), cut into small chunks
200g celery (2 sticks), sliced
100g red lentils
750ml vegetable stock

Equipment

Weighing scales; Sieve for washing the lentils; Kettle for boiling water; Measuring jug for making stock; Knife; Chopping board for onions, leek, carrots & celery; Measuring spoons; Large saucepan; Wooden spoon; Pot stand; Ladle for serving; Tasting spoon; 4 bowls for serving

Advance preparation & layout

Prepare the ingredients to a suitable level for the age and skills of the children. For example with younger children you may want to have chopped the onion, carrots and celery in advance.

Lay the tables with work stations for each pupil/group with all of the equipment and ingredients that they will need.

Make sure all of the children have washed their hands, tied back long hair, rolled up sleeves, put on an apron and removed any jewellery.

If you do not know the children well, use stickers or chefs' hats with the children's names on them. This enables you to communicate directly and manage the class better.

You can prepare and chop the ingredients the day before but store the ingredients in the fridge.

Before you begin

- Explain to the children what you will be doing.
- Introduce the recipe, and tell them how a recipe works.
- Discuss the ingredients and equipment.

You can demonstrate

- How to rinse the lentils in a sieve.
- How to chop the onion, carrot, leek and celery using the bridge and claw technique.
- How to make up the stock and measure liquids.

How to make the soup

- Measure 750ml of boiling water into the measuring jug. Crumble in the stock cube and stir with wooden spoon until dissolved.
- Heat the oil in the saucepan over medium heat, then add the chopped onion, celery and carrots, stirring well, and cook for 5 minutes to allow the vegetables to soften but not brown.
- Pour in the vegetable stock, then add the lentils, and bring to the boil.
- Simmer (small bubbles) for 15-20 minutes.
- Test the soup to ensure that lentils are cooked.
- Add more stock if it's too thick.
- Ladle into soup bowls and sprinkle chopped herbs over the top.

Storage

Freeze and ideally use within 1 month. Cool quickly before pouring into a large freezer bag inside a plastic container. Once frozen, the bag can be removed and stored in the freezer. Defrost thoroughly before reheating until bubbling hot.

Skills used include



Weighing, measuring, chopping claw and bridge technique, mixing/combining, blending, grating, boiling/simmering and garnishing and serving.



Food waste tip

Got leftover soup? Lentil soup freezes really well. Use a container or freezer bag and simply store your soup in the freezer until you fancy it next.



Allergies and alternatives

For a non-vegetarian version swap the vegetable stock cube for a ham stock cube and add in approximately 2 rashers of smoked bacon with the vegetables at the beginning of the cooking process.

Celery is a potential allergen.

MINESTRONE SOUP

This is a great soup for using up all those left over veggies in the fridge. We waste £150 million worth of fresh veg and salad from our homes each year in Scotland.



Makes 4 servings



45mins

Find out more: www.zerowastescotland.org.uk/food-waste/teaching-resources

**LOVE
FOOD**
hate waste

Ingredients

3 tbsp Vegetable Oil
1 medium onion, finely chopped
1 medium leek, trimmed, washed & finely chopped
2 stalks celery, trimmed and finely chopped
2 medium carrots, chopped
400g can chopped tomatoes
1 clove garlic, finely chopped
750ml water with one reduced salt stock cube
2 tsp fresh oregano, chopped or 1 tsp of dried oregano
1 tbsp tomato puree
30g frozen peas or peeled fava beans
30g dried pasta, small shapes
Grated Parmesan or other hard cheese, to serve

Advance preparation & layout

Prepare the ingredients to a suitable level for the age and skills of the children. For example with younger children you may want to have chopped the onion, carrots and celery in advance.

Lay the tables with work stations for each pupil/group with all of the equipment and ingredients that they will need.

Make sure all of the children have washed their hands, tied back long hair, rolled up sleeves, put on an apron and removed any jewellery.

If you do not know the children well, use stickers or chefs' hats with the children's names on them. This enables you to communicate directly and manage the class better.

Equipment

Weighing scales; Can opener; Kettle for boiling water; Measuring jug for making stock; Knife; Scissors for chopping fresh herbs; Cup for chopping mint; Chopping board for onions, leek, carrots and celery; Measuring spoons; Large saucepan; Wooden spoon; Pot stand; Ladle for serving; Tasting spoon; Grater for parmesan; 4 bowls for serving

Before you begin

- Explain to the children what you will be doing.
- Introduce the recipe, and tell them how a recipe works.
- Discuss the ingredients and equipment.

You can demonstrate

- How to chop the onion, carrot, leek and celery using the bridge and claw technique.
- How to make up the stock and measure liquids

Skills used include



Weighing, measuring, chopping claw and bridge technique, mixing/combining, blending, grating, boiling/simmering and garnishing and serving.



Food waste tip

When making soup it's a good idea to make a big batch and freeze for a later date. That way you have a healthy & delicious ready meal waiting for when you need it.



Allergies and alternatives

For a non-vegetarian version swap the vegetable stock cube for a ham stock cube and add in approximately 2 rashers of smoked bacon.

For dairy and lactose intolerance leave out the parmesan garnish.

Celery is a potential allergen.

How to make the soup

- Measure 750ml of boiling water into the measuring jug. Crumble in the stock cube and stir with wooden spoon until dissolved.
- Heat the oil the saucepan over medium heat, then add the chopped onion, leek, celery and carrots, stirring well, and cook for 5 minutes to allow the vegetables to soften but not brown.
- Stir in the chopped tomatoes, and the garlic.
- Pour in the vegetable stock, then add the herbs, and mix in the tomato paste and bring to the boil.
- Add the frozen peas, and pasta and simmer (small bubbles) for 10-15 minutes.
- While the soup is cooking, using the fine side of the grater, grate your parmesan to use as a garnish.
- Test the soup to ensure that paste is cooked.
- Add more stock if it's too thick.
- Ladle into soup bowls and sprinkle grated parmesan cheese over the top.

Storage

Freeze and ideally use within 1 month. Cool quickly before pouring into a large freezer bag inside a plastic container. Once frozen, the bag can be removed and stored in the freezer. Defrost thoroughly before reheating until bubbling hot.