



DT Knowledge Organiser - Making Soup

Key Vocabulary

seasonal, vegetables, grow, healthy, squash, potato, cut, slice, peel, sweat, boil, simmer, diced, chopped, soffritto - carrot, onion, celery; stock, garlic, herbs, bouquet garni, liquidise

Things to know

- Which vegetables are in season
- Different methods of cutting vegetables - chop, slice, dice
- Sweating is the gentle heating of vegetables in a little oil, with frequent stirring and turning to ensure that any emitted liquid will evaporate.
- Simmering is a technique by which foods are cooked in hot liquids kept just below the boiling point of water. To create a steady simmer, a liquid is brought to a boil, then its heat source is reduced to a lower, constant temperature.
- Bouquet garni is a bundle of herbs usually tied together with string and mainly used to prepare soup, stock, casseroles and various stews



Skills

- To design and prepare a soup using health, seasonal vegetables and further develop their knife skills to cut vegetables.
- Adapt a basic recipe to develop a product with specified criteria using vegetables and herbs grown in our embankment.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Types of soup



Butternut squash soup



Chunky vegetable soup

Assessment Question:

What are the techniques used to make a vegetable soup?