



Cauliflower Soup



It's winter down on the farm, and Tractor Ted is helping to harvest cauliflowers. Cauliflower soup is an old favourite - and this recipe is both simple to make and delicious to eat.

THIS ACTIVITY...

- encourages children to eat cauliflower
- introduces a variety of food preparation and cooking techniques
- encourages listening, talking and following instructions
- offers lots of opportunity for hand movements, including stirring, spooning and pouring
- offers lots of opportunity for maths exploration, including adding ingredients, cutting into pieces, weighing, measuring and counting,
- requires children to work together and participate in a co-operative task

INGREDIENTS

400g cauliflower, chopped
150g potato, peeled and chopped
5 to 6 cm length of leek, chopped
500ml low salt vegetable stock
250 ml milk
makes six to eight small bowls

WHAT TO DO

Put all the ingredients in a saucepan and bring to the boil. Turn down the heat, cover and simmer for 20 minutes until the cauliflower is soft. Leave the soup to cool down before blending with a stick blender or food mixer. Serve the soup with a drizzle of olive oil and a sprinkle of chopped parsley (optional).



Sharing The Soup

Talk to your young chefs about how they are working together to create a delicious bowl of soup - and sharing it with the group. Remind the group to say 'thank you' to the chefs.



THINGS TO THINK ABOUT

- Keep the group small and have a high adult/child ratio. Help the children to carry out as many of the preparation tasks as possible.
- Involve the children in weighing the cauliflower, using a ruler to check the length of the leek and pouring milk into a measuring jug.
- Encourage the children to smell the olive oil, stock and chopped leeks.
- Look at how easily the boiled florets break apart, compared with the hard raw florets.
- Blend in batches so that children can compare the appearance and texture of the soup both before and after blending.
- Encourage the children to think of suitable accompaniments for the soup.

Photo Shoot

Take photos of the cooking activity to make a display for the setting.

Mount the photos on paper decorated with cauli prints (see 'Cauliflower Craft').

Laminate a series of photos showing the soup-making steps for children to talk about and put in order.

