



Y3 Design Technology - Soup

What is Soup?

Soup is a mainly liquid food that is usually served warm.

It is made by combining ingredients of meat or vegetables with stock, milk or water.

They are usually made by boiling the ingredients together in a large pan.

Popular Flavours of Soup

- Tomato
- Chicken
- Vegetable
- Potato and Leek
- Minestrone
- Cauliflower and Cheese
- Mushroom



Peel and chop your vegetables



Add the ingredients to the stock once it is hot



Simmer for 30 minutes or until all the vegetables are soft

Fun Facts

The earliest evidence of soup dates back to 6,000BC

Soup isn't always served hot. In hot countries like Spain cold alternatives are popular



Techniques

- Peeling
- Chopping
- Dicing
- Slicing
- Boiling

Vocabulary

Simmer	Water that is bubbling gently
Dice	Cutting food into small cubes
Stock	A liquid made by boiling meat or vegetables slowly in water. Usually available as a dry powder.

