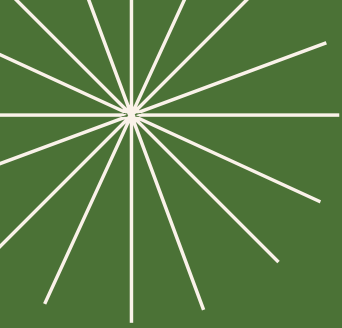




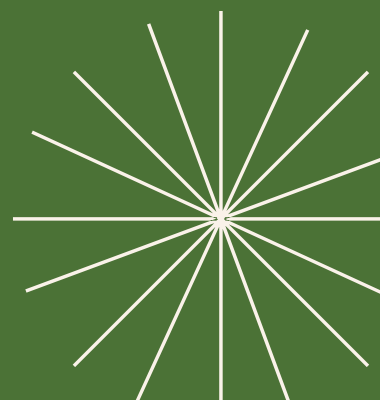
# SHERINGTON'S SEASONAL SOUPS

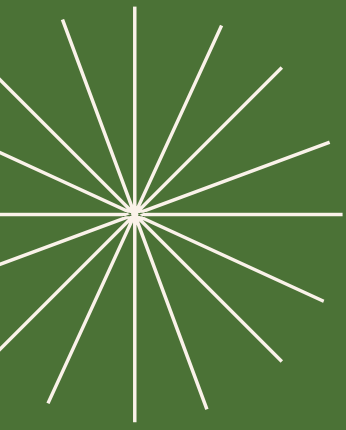


During the week commencing 31st October, Sherington celebrated Healthy Eating Week.

During this week we learnt all about seasonal vegetables that can be sourced locally. Each class was set the challenge to prepare and cook a healthy and nutritious soup.

Children demonstrated a range of character strengths throughout the week ranging from persistence learning a new skill to curiosity and bravery when tasting something new. We hope you enjoy sharing our learning with us!





# Table of CONTENTS

Year 1's Vegetable Soup	1
Year 2's Leek and Potato Soup	2
Year 3's Vegetable Soup	3
Year 4's Carrot and Coriander Soup	4
Year 5's Pita Bread	5
Year 6's Bread	6

# YEAR 1'S VEGETABLE SOUP

## Ingredients

- 1 tbsp vegetable oil
- 1 onion
- 1 carrot
- 1 potato
- 1 courgette
- 1 celery stalk
- 1 celery stalk (may substitute peas, green beans, etc. as desired)
- 1/4 teaspoon oregano
- 1 courgette or yellow squash,
- 2 cups water or vegetable stock (more as desired)
- 2 tablespoons tomato paste

## Method

1. Fry the chopped vegetables in a pan with the oil for a few minutes until they begin to soften.
2. Cover with the stock and simmer for 10–15 minutes until the vegetables are tender.
3. Blend the soup until it is smooth.

4. Once the soup is blended, season with salt and pepper.
5. Serve with some fresh herbs if you would like.

This soup can be frozen for up to a month



# YEAR 2'S LEEK AND POTATO SOUP

## Ingredients (For four people)

- 1 tbsp vegetable oil
- 1 onion, sliced
- 225g potatoes, grated
- 2 medium leeks, sliced
- 1.2 litres vegetable stock
- 150ml of crème fraîche
- salt and freshly ground black pepper

## Method

1. Heat the oil in a large pan and add the chopped onions and leeks, as well as the grated potatoes. Cook for 3-4 minutes until starting to soften.
2. Add the vegetable stock and bring to the boil. Season well and simmer for 10 minutes until the vegetables are tender.
3. Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the crème fraîche, heat through and serve.

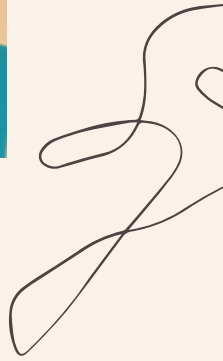




# YEAR 3'S VEGETABLE SOUP

## Ingredients

- 1 tbsp vegetable oil
- 1 onion,
- 1 carrot,
- 1 potato,
- 1 celery stalk (may substitute peas, green beans, etc. as desired)
- 1/4 teaspoon oregano
- 1 courgette or yellow squash,
- 2 cups water or chicken stock (more as desired)
- 2 tablespoons tomato paste



## Method

1. Fry the vegetables in a pan with the oil for a few minutes until they begin to soften.
2. Cover with the stock and simmer for 10–15 minutes until the vegetables are tender.
3. Blend the soup until it is smooth.
4. Once the soup is blended, season with salt and pepper.
5. Serve with some fresh herbs if you would like.

This soup can be frozen for up to a month

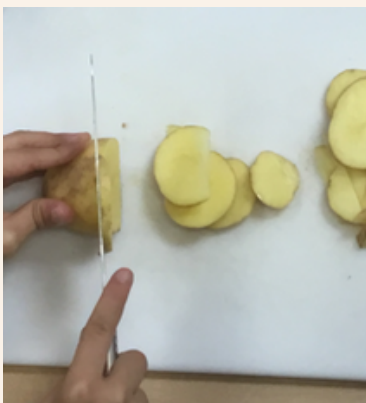
---

# YEAR 4'S CARROT AND CORIANDER SOUP

## Ingredients

(For four people)

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 potato, sliced and then chopped
- 450g carrots, peeled and grated
- 1.2l vegetable stock
- Handful coriander
- Salt and pepper to taste



## Method

1. Heat 1 tbsp vegetable oil in a large pan, add 1 chopped onion, then fry for 5 mins until softened.
2. Stir in 1 tsp ground coriander, 1 tsp ground cumin and 1 chopped potato, then cook for 1 min.
3. Add the 450g peeled and grated carrots and 1.2l vegetable stock, bring to the boil, then reduce the heat.
4. Cover and cook for 20 mins until the carrots are tender.
5. Blend until smooth with a handful of coriander. Return to pan, taste, add salt and pepper if necessary, then reheat to serve.

This soup can be frozen and then defrosted and reheated for a healthy lunch or dinner.

---

# YEAR 5'S PITA BREAD

## Ingredients

350g white bread flour (Or  
gluten free flour)

1/2 tsp salt

1 tsp granulated sugar

1 tsp easy-blend yeast

210ml water

1 tbsp olive oil



## Method

1. Add the salt, sugar and yeast into different corners of the bowl.
  2. Pour the water and oil into the bowl a little at a time. Use a spoon (or your hands) to mix until all the flour comes away from the side and you have a soft dough. You might not need to add all the water – you want the dough to be soft, not sticky.
  3. Knead the dough for 5–10 minutes until it looks smooth
  4. Once you're done, place it in a clean bowl, cover it with cling film and leave it somewhere warm until it has doubled in size.
  5. Once the dough has doubled in size, pour it out on to a lightly floured work surface and fold it inwards again and again until the air has gone
  6. Split the dough into 6 equal sized balls then roll each into a 3–5mm oval shape.
  7. Bake for 5–10 minutes on 250C. They're ready when they've started to colour.
-



# YEAR 6'S BREAD

## Ingredients

- 500g strong white flour, plus extra for dusting
- 2 tsp salt
- 7g sachet fast-action yeast
- 3 tbsp olive oil
- 300ml water



## Method

1. Mix 500g strong white flour, 2 tsp salt and a 7g sachet of fast-action yeast in a large bowl.
  2. Make a well in the centre, then add 3 tbsp olive oil and 300ml water, and mix well. If the dough seems a little stiff, add another 1-2 tbsp water and mix well.
  3. Tip onto a lightly floured work surface and knead for around 10 mins.
  4. Once the dough is satin-smooth, place it in a lightly oiled bowl and cover with cling film. Leave to rise for 1 hour until doubled in size or place in the fridge overnight.
  5. Line a baking tray with baking parchment. Knock back the dough (punch the air out and pull the dough in on itself) then gently mould the dough into a ball.
  6. Place it on the baking parchment to prove for a further hour until doubled in size.
  7. Bake for 25-30 mins at 220C/fan 200C/gas 7. until golden brown and the loaf sounds hollow when tapped underneath.
-

