

Chunky Vegetable Soup Storyboard



First, I washed my hands with hot water and soap to stop any germs on my hands from going into the food.



Then I wiped down all the surfaces with antibacterial spray to kill any potentially harmful germs that could contaminate the food or equipment used.



I filled the sink up with hot water and added washing up liquid so that I can wash my hands easily.



Then I got out a hand towel and a drying towel so that they were ready at my disposal.



I then dissolved the stock cube in boiling water from the kettle.



And then washed all the vegetables to get rid of any dirt on them. Dirt can carry diseases like E.Coli.



I diced the celery using an appropriately sized knife and a green chopping board, because green is the designated colour for vegetables. I also held the celery using the claw grip because it's the safest way to cut this shaped vegetable in this manner.



I then peeled the carrot to get rid of the unappealing outside skin.



I cut the onion using the bridge grip, on a green chopping board and using the correct sized knife



I peeled the sweet potato because the skin can become tough and chewy when eating it.



I then cubed the potato into 1-1-5cm chunks as suggested by the recipe.



I added oil to a saucepan and heated it up, so that I could fry off the vegetables before stewing them as this would bring out more flavour and aroma, thus improving the attraction on the soup.



I fried off the base vegetables (i.e. the carrot, leek, onion and celery) for 5 minutes.



I then put in an appropriate amount of thyme to improve the flavour of the soup.



I then put in an appropriate amount of mixed spice to improve the flavour of the soup and give it a tang.



I measured out a level tablespoon of flour which would act as a thickener to the soup, so it wasn't as watery.



I added the stock to the vegetables to give the soup its characteristic look.



I then added the sweet potato to the soup. And let it simmer for 30 minutes.



(The soup after 30 minutes of simmering)



I added the peas (my back-up vegetable) and let it cook for 3 more minutes.



I then immediately served the soup. I also served the soup with a wholemeal bread roll that I had baked earlier to increase the meal's nutritional value.

I then washed up all the equipment and utensils that I had used in hot soapy water. After, I dried them and put them back in the correct cupboards, whilst making sure that the cupboards were also clean so that clean items were not made dirty again. I then wiped down all the work surfaces, and left the kitchen as I found it.