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## Understanding ingredients

In order to choose the right ingredients for your soup, you need to understand the properties of the ingredients you want to use e.g. how the ingredients behave when cut, heated and mixed. Your favourite foods might be cheese and chocolate but if you heat them up together you might not want to eat the results.

So before you decide on the ingredients for your soup you need to investigate how the ingredients will behave when mixed and heated and how you can prepare the ingredients so that they work well together and taste good.

You are going to be making a soup that contains apples so it would be sensible to find the best apples to use. Try making an apple sauce with different apples e.g. Bramley apples, Granny Smiths and an eating variety such as Golden Delicious. To make an apple sauce you need:  
250g of peeled apples with the apple core taken out.

25g of castor sugar

1 tablespoon of water

Method

1. Slice the apples and place in a medium pan with the sugar and water. Cover the pan and put it on the hob over a medium heat. When it comes to the boil, put the timer on for 5 mins and leave to cook.
2. Give it a stir after about 4 mins, the apple slices will start to dissolve and become fluffy. Cook for a further 1-2mins or until the apple is fluffy.

Which apple sauce tastes better when cooked?

Which apples are best to cook with for a good apple flavour?

Would you consider leaving on the apple skins in the soup recipe?

Which ingredients do you think would mix well together to make an apple and vegetable soup?

Do you want to cook all the ingredients in the same pot as the apples or prepare them separately?

Do some ingredients need to cook for longer? If so, which ingredients, and how long do they need to cook for?

Now consider all the ingredients you want to use. Think about how will you prepare and cook the ingredients? Which ingredients need peeled, soaked, preheated or liquidised? What equipment will you need? Write down a method for making your soup.

What proportions do you think will work best? Remember that some vegetables can be quite sweet e.g. parsnips and carrots and you probably don't want your soup to be too sweet so think about ingredients that can ensure your soup has a rich vegetable taste.

Ingredient	Amount

*Health and safety note*

*Vegetable peelers, knives and apple corers should be handled with extreme care. Never cut towards you or point sharp objects at others. And remember that ovens get very hot when in use. Make sure your teacher has taught you how to handle all the equipment before you start.*