



Minestrone Soup

Recipe Source: Dimitra Alfred, Kitchen Specialist, Stanmore Public School

From the garden: carrots, garlic, celery, zucchini, onion, warrigal greens, parsley

Equipment	Ingredients
Metric measuring scales	2 tablespoons olive oil
1 tablespoon and ½ teaspoon measures	1 onion, chopped
Large pot	2 garlic cloves
Wooden spoon	1 stick celery (about 200g)
Chopping board, rubber mat	1 large carrot (about 200g)
Utility knife	1 zucchini (about 200g)
Small bowl	1 tablespoon miso paste
Small spoon	250ml water
2 Colanders	500ml our very own Stanmore Tomato Passata
Garlic crusher	500ml vegetable stock
Bread and butter knife	400g can red kidney beans, drained, rinsed and drained again
Large bowl	½ teaspoon salt
A few teaspoons for tasting	½ teaspoon freshly ground pepper
Soup ladle	80g warrigal green leaves only
Serving bowls	A few sprigs fresh parsley, stems removed
	50g Parmesan cheese

First, prepare the vegetables:

1. Set up your chopping prep area.
2. To peel the garlic, place the garlic on the board and use the back of a large wooden spoon to smash the garlic to split it. Peel away the skin and place the skin in the compost. Set the garlic aside until needed.
3. To peel the onion, cut the unpeeled onion in half.
4. Now place the two cut halves onto the chopping board and cut away a little of the top and root end. Now use the **bear claw technique** to cut the onion into dice.
5. To prepare the carrot and celery, use the **bridge cut technique** to cut the vegetables into sticks.
6. Now use the **bear claw technique** to cut the carrot and celery into dice.
7. Trim away the top and stem end of the zucchini. Like you prepared the carrot, use the bridge cut technique to cut the zucchini into long sticks and then the **bear claw technique** to cut it into dice.
8. Scrub the unpeeled potatoes well under running water.
9. Use the bridge cut technique to cut the potatoes in half. Now put the cut halves onto the board and cut into sticks (like the carrots and zucchini). Use **the bear claw technique** to cut potatoes into dice.
10. In a small bowl, take a couple of tablespoons of the water and add the miso. Use a small spoon to dissolve the miso in the water.

Making the Minestrone:

11. Pour the oil into the large pot.
12. Use the garlic crusher to crush the garlic into the pot and use the bread and butter knife to help scrape the garlic into the pot.
13. Place the pot over medium heat and add the onion.
14. Cook for 2 minutes or until beginning to smell amazing. Keep stirring, don't let them burn!
15. Add the celery, carrot and zucchini and stir for another minute or two.
16. Now carefully pour in the tomato passata, stock, miso mixture, remaining water, drained kidney beans, salt and pepper.
17. Increase the heat to medium high and bring to a simmer so it's gently bubbling.
18. Cover with the lid and cook for 1 hour (or up to 2 hours - the longer it cooks, the softer the vegetables and the thicker the soup). Check it every now and then, there should be occasional bubbles, not bubbling vigorously. If it's bubbling too vigorously, turn the heat down a bit and replace the lid.
19. While the soup is simmering, prepare the warrigal greens.
20. Place the large bowl into the sink and add warrigal greens, half fill the bowl with water and wash the warrigal greens well. Lift the greens out of the water and into the colander to drain.
21. Wash the parsley and use the rock and chop technique to chop the parsley; set aside.
22. Carefully remove the lid (remember, the steam will have condensed onto the inside of the lid and it is dripping hot!).
23. Turn off the heat and if the soup is too thick, adjust the thickness with a little vegetable stock or water (a couple of tablespoons at a time).
24. Use the wooden spoon to stir in the grated parmesan and warrigal greens.
25. Have a taste and add more salt and pepper if you think it needs it.
26. Use the soup ladle to serve the soup and sprinkle with some parsley to garnish.
27. Serve and enjoy!