

Moroccan Sweet Potato Soup

Season: Winter

Serves: 40 tastes

Recipe source: adapted from a BBC Food recipe

Fresh from the garden: Sweet Potato, carrots, lemon

Notes: In order to cook and eat the soup in the kitchen garden session time, the vegetables have been prechopped for you. Once the soup is simmering, you will prepare the vegetables for the next class.

Equipment:	Ingredients:
Chopping boards	2 tablespoons olive oil
Knives	2 ½ large onions, finely chopped
Peelers	5 cloves garlic, crushed
Garlic crusher	2 red chillies, deseeded and sliced
Food processor	5 celery stalks, chopped into small pieces
Measuring spoons	2 teaspoons turmeric
Scales	2 ½ teaspoons cumin
2 litre jug	½ teaspoon cinnamon
Large saucepan	250g dried green lentils
Large spoon	2 large carrots, chopped finely
Stick blender	1kg sweet potato, peeled and chopped into small pieces
Serving bowls	700ml passata
	2.25 litres vegetable or chicken stock
	1 bunch fresh coriander
	Lemon segments, to serve

What to do:

1. Heat oil in a large saucepan over a medium heat and fry the onions until they are starting to soften. Add the garlic, celery and chilli and cook for a few minutes. Add spices and cook briefly. Add lentil, carrots, sweet potato and toss in the pan until coated in the oil.
2. Add stock and passata to the vegetables. Bring mixture to the boil, then put the lid on and reduce to a simmer. Cook for 30 minutes, stirring occasionally until vegetables and lentils are tender. Cook for a further 5-10 minutes with the lid off.
3. While the soup is cooking, please use the food processor to prepare the vegetables for the next group. Remember to wash your hands after handling the **chilli**.
4. The soup can be served chunky or pureed, the choice is yours. Serve in small bowls, topped with chopped coriander.