

## Vegetable Chowder

### Ingredients

1 onion  
 1 carrot  
 1 leek  
 1 potato  
 1 celery stick  
 1 x 10ml spoon oil  
 600ml stock (water and stock cube)  
 1 x 15ml spoon coriander, chopped

### Equipment

Chopping board, knife, vegetable peeler, measuring spoons, saucepan, wooden spoon, measuring jug.

### Method

1. Peel and chop the onion.
2. Top and tail the carrot, then peel and dice.
3. Top and tail the leek, then slice.
4. Peel and cube the potato.
5. Slice the celery.
6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.
7. Add the stock to the saucepan and bring to the boil.
8. Add the potatoes and simmer for 20 minutes.
9. Stir in the chopped coriander and serve.

### Top tips

- Try using a sweet potato.
- Vary the types of vegetables used depending on what is in season.
- Add canned or frozen sweetcorn or a can of beans.

### Skills

Onion preparation	Claw grip	Bridge hold	Using the hob	Measuring
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