

Creamy silver beat & sweet corn soup

Garden Harvest: Silver beat, garlic, stock

Recipe Source: Taste.com

Equipment:

2 x Large saucepans

Wooden spoon

Blender

Spoon & cup measures

Knives

Chopping boards

Garlic crusher

Peeler x 2

Ladle

Ingredients:

1 tbs olive oil

1 brown onion, halved, coarsely chopped

2 garlic cloves, crushed

2 tsp ground cumin

4 cobs corn, trimmed *(adult help needed)*

1L (4 cups) vegetable or chicken stock

4 (about 1kg) sebago (brushed) potatoes, peeled, coarsely chopped

8 silver beat, stems trimmed, washed

Salt & freshly ground black pepper

65g (1/4 cup) greek yogurt

Fresh bread rolls, to serve *(made by another group)*

What to do:

* Heat the oil in a large saucepan over medium heat. Add the onion and corn kernals and cook, stirring, for 5 minutes or until soft. Add the garlic and cumin and cook, stirring, for 30 seconds or until aromatic.

* Increase heat to high. Add the stock and bring to the boil. Add potato and reduce heat to medium. Simmer, uncovered, for 10 minutes or until potato is tender. Add spinach and cook for 2-3 minutes or until the spinach wilts. Set aside for 10 minutes to cool slightly.

* Place half the spinach mixture in the bowl of a food processor and process until smooth. Transfer to a clean saucepan. Repeat with remaining spinach mixture. Place over low heat and cook, stirring, for 4-5 minutes or until heated through. Remove from heat. Taste and season with salt and pepper.

* Ladle soup among serving bowls. Top with a dollop of sour cream and season with pepper. Serve with fresh bread rolls made by another group.