

Take and Make

With Brathay

This week we have given you the ingredients for MAIN: Vegetable soup with homemade rolls and DESSERT: Bananas and Custard

Before you start collect your family to help you then get your equipment and wash your hands. Remember to tie back your hair whilst preparing food.

Bread Rolls

1. Stir yeast and 2 tbsp sugar into 350ml of warm water and leave for 10 minutes for the yeast to start working.
2. Add 300g flour, 1 tsp salt and 2 tbsp oil (or melted butter) and mix. Add another 300-350g of flour gradually (about 50g at a time) and keep mixing. You should have a ball of lumpy dough.
3. Tip the dough onto a floured surface and knead until smooth and elastic—this takes about 10 minutes so put on a good song and knead to the music!
4. Put the dough back into a clean bowl, cover with cling film and leave to rise for about 60-90 minutes.
5. Tip the risen dough onto a floured surface and shape into rolls (usually between 6 and 8 rolls). Put the rolls onto a lightly greased baking tray and place the baking tray into a clean plastic bag (making sure the plastic doesn't touch the rolls) and leave to rise again for about 45 minutes.
6. Take the baking tray out of the plastic bag. Cook the rolls in a preheated oven for 15-20 minutes at 200°C

Vegetable Soup

1. Get a large pan and put 400g of peeled and chopped vegetables (this week we have given you celery, carrots and onion but you could use any vegetables you have in the cupboard) AND 600g peeled and cubed potato into a pan with 2 tbsp oil [not provided] and fry for a few minutes until the vegetables start to soften.
2. Mix the 3 stock cubes with 1500ml of boiled water and then add to the vegetable pan. Bring to a boil then turned down to simmer. Simmer for 10-15 minutes (until the vegetables are soft. You can leave the soup chunky or blend until smooth.
3. Serve as it is or add a tablespoon crème fraiche or cream to each bowl as you serve.

Bananas and Custard

1. Peel the bananas and cut into slices
2. Share the sliced banana between 4 bowls
3. Top with custard—you could have the custard warm or cold (see instructions on the side of the tin for heating)