## Carrot and Ginger Soup

### Ingredients:
- 1 Kg Carrots
- 2 TBS. Olive Oil
- 1 Sweet Potato
- 2 Potatoes
- 2 TBS. Ginger/grated
- 2 tsp. Cumin/ground
- 3 ltr Vegetable Stock
- Salt and pepper
- Chives/ chopped
- Sour cream to serve

### Equipment:
- Chopping Board
- Non-slip mat
- Knives
- Peeler
- Grater
- Wooden spoon
- Deep pot & lid
- Hand Blender
- Ladle
- Serving Bowls
- Spoons

### Garden Harvest:
- Chives
- Potatoes

### Method:
1. Collect all ingredients and equipment
2. Read the recipe, delegate jobs, start cooking, **CLEANING AS YOU GO**
3. Peel the vegetables then wash
4. Cut into chunks
5. Peel and grate the ginger
6. Put the pot onto the stove over a medium heat. Add the oil
7. Add the vegetables, ginger and the cumin. Add some salt and pepper
8. Sauté for 5mins stirring to prevent burning and sticking
9. Add the vegetable stock. Stir to combine.
10. Cover with the lid and bring to the boil
11. Reduce the heat to a simmer and cook until soft
12. Remove from heat the blend until smooth
13. Wash dry then chop the chives to garnish the soup
14. Serve the soup into the bowls. Dollop the sour and sprinkle with chives