



• *Vegetable soup* •



• *Fruit salad* •

Vegetable soup (Scotland)

How to prepare it

Step 1: Peel, slice and wash the carrots, remove the leaves from the celery (save those for later), then slice and wash the stalks of celery, peel, dice and wash the potatoes, shred and wash the leeks. If you are using fresh peas, pod and wash them.

Step 2: Place carrots, celery, potatoes and thyme in a large pot. Cover with 3 to 4 litres of water.

Step 3: Bring to boil, then turn down the flame and let simmer for about 20 minutes (until everything is well cooked).

Step 4: Add instant stock (check how much you need by tasting) and let it all cook for another 5 minutes until you have about 3 litres of soup in the pot.

Step 5: Add the peas and the leek. Simmer for a further 5 minutes.

Step 6: Chop the parsley.

Step 7: Remove the sprigs of thyme.

Step 8: Serve the soup in bowls, sprinkled with chopped parsley and celery leaves. *Congratulations! You have finished!*

Ingredients (vegetarian!)

(serves: 8-10)

8 carrots
2 celery stalks
22 potatoes
2 leeks
4 large handfuls peas (fresh or deep-frozen)
some sprigs fresh thyme
3-4 l water
about 4 tablespoons instant stock

some parsley

Kitchen tools

oven
1 large pot
knives
cutting boards
1 cooking spoon

vocab: celery stalk - Stängensellerie | slice - in Scheiben schneiden | dice - in Würfel schneiden | shred - in feine Streifen schneiden | leek - Lauch/Porree | pea - Erbse | pod - Erbsen palen (schälen) | sprig of thyme - Thymianzweig | boil - kochen | simmer - köcheln | instant stock - Instant Gemüsebrühe | sprinkle - bestreuen | parsley - Petersilie

Fruit salad (New Zealand)

How to prepare it

Step 1: Clean and wash strawberries, grapes and apples. Peel bananas and kiwis.

Step 2: Cut the grapes and strawberries in halves, dice the apples and kiwis, slice the bananas.

Step 3: Put all the fruit into the bowl(s) and mix.

Step 4: Pour the orange juice over your fruit salad, add the chopped walnuts and the brown sugar and mix again.

Step 5: Now squeeze the lemons over your fruit salad to keep it from turning brown.

Congratulations! You have finished!

Ingredients (serves: 12)

1.5 kg strawberries
1.5 kg seedless grapes
9 apples
9 bananas
9 kiwis
6 tablespoons freshly squeezed orange juice
300g chopped walnuts
6 tablespoons brown sugar
2 lemons

Kitchen tools

kitchen knives
cutting boards
lemon squeezer
1-2 large bowls for serving

vocab: seedless - kernlos | dice - in Würfel schneiden | slice - in Scheiben schneiden