



# Cream of Celery Soup

Source – Super Food Ideas

**Harvest** – onion, celery, celeriac, potato, garlic, fennel, parsley

**Vocab Words** – celeriac, fennel, stockpot, garnish

**Skills** – sauté, boil, simmer, blend

## Equipment:

- Metric measuring cups and spoons
- Metric measuring scales
- Chopping boards and grips
- Compost bowls
- Knives
- Stockpot or very large saucepan
- Wooden spoon
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- Serving Items – platters and tongs

## Ingredients:

- 1 tablespoon **olive oil**
- 1 medium **brown onion**, chopped
- 1 bunch **celery**, trimmed, washed, chopped
- 1 medium (700g) **celeriac**, peeled and diced
- 250g **potatoes**, peeled, chopped
- 4 **garlic** cloves, finely chopped
- 1 **fennel** bulb, finely sliced (optional)
- 1.5 litres **vegetable stock** (and 500ml water)
- $\frac{3}{4}$  cup **cream**
- Handful of **parsley**, roughly chopped, to garnish

## What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Heat oil in a stockpot over medium heat. Add **onion**. Cook, stirring, for 2 minutes or until onion starts to soften. Add celery, celeriac, potato, fennel (if using) and **garlic**. Cook, stirring, for 5 minutes or until lightly browned.
3. Increase heat to high. Add stock and water. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 30 minutes or until celery is tender. Remove from heat. Set aside for 5 minutes to cool slightly. Process soup, in batches, until smooth.
4. Return soup to pan over medium heat. Stir in **cream**. Season with pepper. Cook, stirring occasionally, for 5 minutes or until heated through. Serve topped with parsley.

## Notes: