





CHOP IT

You need: the internet, paper, camera and printer or drawing materials, vegetables and cooking equipment.

Different methods of cutting vegetables have different names. Each type of cut suits a different method of cooking: bigger, rougher cuts are often used when adding to liquid to extract flavour, while finer cuts are often used for garnishes.

Research each of these types of cutting methods. With an adult's permission, you could use real vegetables and cut them using each method.

Remember all of your GTT rules:

-  Wash your hands
-  put a teatowel under your chopping board to keep it from slipping
-  use the bridge or claw method to chop
-  slice the bottom off a round vegetable to help it sit flat.

Make a poster showing:

1. Name of Cutting method
2. Photo or drawing of the cut vegetables
3. Description
4. Typical vegetables
5. What it is used for

Think carefully about your presentation – your finished work could be displayed in your Garden to Table kitchen.

Cutting Methods

-  brunoise
-  macedoine
-  paysanne
-  mirepoix
-  julienne
-  jardiniere
-  chiffonade
-  matignon
-  baton

Don't waste those vegetables! Cook them up into a delicious soup:

Fry them gently in a big saucepan with 1-2 Tablespoons of oil or butter. Add some chicken or vegetable stock to cover the vegetables. Simmer gently until the vegetables are tender. Remove the saucepan from the heat.

Caution: Hot! Ask an adult to help. Use a ladel to serve into bowls.

If you would prefer to have a smooth rather than a chunky soup, use a stick blender.

