Rampaging Chefs

“Green Soup” Rocket, Silverbeet and Potato

Season: Winter
Type: Soup
Difficulty: easy
Serves: 4 or 15 tastes
Fresh from the garden: Silverbeet, Rocket, Potatoes, Garlic, Shallots
Recipe source: adapted from Stephanie Alexander Kitchen Garden website

What to do:
- Peel the potatoes & cut into 2cm cubes.
- Wash the shallots and slice into 1cm bits.
- Peel the garlic cloves and squeeze them through the garlic press.
- Melt butter in the large stockpot over medium heat and sauté the shallots and garlic for a minute, and then add the potato cubes and turn so that the potato sweats in the butter.
- Meanwhile wash the rocket in and spin dry. Roll up and slice into thin ribbons.
- Wash the silverbeet and shake dry. Roll up the leaves and finely slice them into ribbons.
- Measure the bouillon/stock cubes & boiling water into a litre jug, stir and then pour it into the potatoes.
- Bring them to a boil, then turn down to a simmer, cover and cook gently over low heat for 10 minutes, then add the silverbeet stalks.
- Cook for 2 minutes – check that the potato is tender, then stir in rocket and silverbeet leaves. Increase heat to medium and simmer for another 2 minutes. If it’s really thick you may want to add another cup of hot water.
- Remove from heat and carefully whizz the soup until it is silky smooth.
- Taste for correct seasoning (the bouillon is salty so you may not need any extra salt) and ladle into bowls to serve.

Equipment:
- Kettle
- Scales
- Chopping boards & knives, scissors
- Peeler, garlic press
- Bowls – big
- Salad spinner
- Large stockpot
- Wooden spoon
- Measures – litre jug, tablespoon
- Stick blender
- Ladle
- Serving bowls

Ingredients:
- 500g potatoes
- 4 shallots
- 1 big bunch rocket
- 2 or 3 silverbeet stems & leaves
- 4 cloves garlic
- 50g unsalted butter
- 1 litre water
- 1 tablespoon bouillon or 2 beef stock cubes
- Black pepper