



## SPICY INDONESIAN TOMATO SOUP

<i>Ingredients</i>	<i>Equipment</i>
5 Tomatoes	Chopping Boards
2 Sprigs Thyme	Knives
2 Cups Water	Spoon Measures
2 Massel Vegetable Stock Cubes *	Wooden Spoon
1 Carrot	Saucepan
1 Brown Onion	Blender
2 Cloves Garlic	
1 Red Chilli Pepper	
1 Tablespoon Sambal Oelek*/Omit	
Salt & Pepper to taste	

\*All spices used are Woolworths brand with no traces of nuts.

\*See 'Products used in Kitchen Classroom', on CPS Website.

Products omitted as required.

### *What to do*

1. Get out all required equipment
2. Weigh and measure ingredients
3. Place the tomatoes in boiling water for a minute. Remove carefully and skin the tomatoes.
4. Put the tomatoes into the saucepan with 2 cups of water, stock cubes, thyme, chilli and peeled garlic.. Bring to the boil, cover and simmer gently for about 10 minutes, then remove the thyme and blend.
5. Peel & dice the onion

- 6. Peel and dice the carrot.**
- 7. Add the onion and carrot to the soup and continue simmering for a further 10-15 minutes.**
- 8. Season with salt and pepper and add the sambal oelek.**