

Ingredients and Kitchen Equipment List

Menu 203: Grilled Rib-Eye Steak in Red Wine sauce Vegetable Melange and Celeriac and Pear Soup

Ingredients

<p>1 tbsp extra light olive oil 1 garlic clove, minced ¼ onion, chopped 2 cups (150g) watercress, stems removed, roughly chopped 1 small zucchini, roughly chopped 1/2 celery stalk, roughly chopped 1 ½ -2 cups chicken stock (or Vegetable Stock) salt and pepper to taste double cream (optional) 1/2 tbsp extra virgin olive oil, for drizzling 1 tbsp chopped herbs like parsley <i>1tbsp extra light olive Oil</i> <i>1 onion, finely chopped</i> <i>2 garlic cloves</i> <i>2 bay leaves</i> <i>1 medium Celeriac or 4 parsnips, peeled and chopped</i> <i>2 pears, juiced</i> <i>3-4 cups vegetable stock</i> <i>1 cup cauliflower florets</i> <i>Ssalt and freshly ground pepper</i> <i>1-2 tbsp single cream</i> <i>30g stilton cheese or other blue cheese for crumbling</i></p>	<p>300g mix of: French beans, ends trimmed ½ onion, sliced red or yellow bell peppers, deseeded and julienne garlic clove, crushed olive oil as desired salt and pepper, to taste 1 ½ cups of water</p>
--	---

Equipment

<p><i>measuring jug/beaker</i> <i>2 medium saucepan</i> <i>2 medium mixing bowls</i> <i>cooking spoon</i> <i>soup ladle, optional</i> <i>blender or stick blender</i> <i>medium skillet</i> <i>spatula or slotted turner</i> <i>juicer</i></p>
--

