

Caldo verde

Season: Winter, Spring

Type: Soups

Difficulty: Easy

Serves: 24 tastes in the classroom
or 6 at home

Fresh from the garden: bay leaves, kale (or other cabbage)

Recipe Source: Ema Mestre, Kitchen Specialist at Meadows PS

Portuguese 'green soup' with potato and cabbage is usually made with the large leaves of Portuguese kale, but you can use any cabbage leaves you may have in the garden.

This simple soup is made everywhere in Portugal, is available just about all year round and is always served with chourico sausage. (The sausage gives extra flavour to the soup.) If you can't get this Portuguese sausage, you can use chorizo instead, and add fried garlic croutons to the soup.

Equipment:

metric measuring cups and scales
vegetable peeler
clean tea towel
chopping board
kitchen knife
large heavy-based pot
wooden spoon
potato masher
small spoon
large frying pan
bowls for serving
ladle

Ingredients:

650 g potatoes (waxy potatoes such as Desiree or Nicola)
2 tablespoons olive oil
1½ onions
3 garlic cloves
5 cups water
salt
2 bay leaves
9–10 large leaves of kale or other cabbage
80 g chourico sausage
Piri piri oil for drizzling (optional – you can also use extra virgin olive oil)

What to do:

- Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping.
- Peel the potatoes and cut into chunks.
- Finely chop the onions and garlic.
- Heat the olive oil in the saucepan and sauté the onion until soft. Add the garlic and cook, stirring, for one minute. Add the potatoes, water, salt and bay leaves and cook until tender – about 20 minutes.
- In the meantime, wash the kale leaves and remove the hard stems, then roll up the leaves and cut into very fine shreds. Once the potatoes are cooked, mash the mixture with the potato masher, then add the kale and cook for another 15–20 minutes and check the seasoning.
- Slice or dice the sausage and sauté in the frying pan for a minute or so, until it's just browned. Add the sausage to the soup.
- Ladle your soup into bowls and drizzle with piri piri oil or extra virgin olive oil.