

# How to do a Soup Stall Event

Thoughtful Foods has done two soup stalls to date and this is what we have learned:

## **In general:**

- Soup Stalls require a lot of preparation time before the day in the making of soup, but this doesn't need to be coordinator time – volunteers can do it
- On the day, soup stalls are easy to run – 1 person serving, 1 person taking money, maybe 1 more person for talking up Thoughtful Foods

## **Items purchased (100 serves):**

- Biodegradable cups – we did a bulk order so the shop still has plenty
- 100 napkins
- 50 chewy brown rolls from Tin Pin bakery at Bondi – rolls cut in half. Have to ring ahead of time (about a week) and order and try and get good price!
- 25kg of jap pumpkin – jap is cheapest
- 5kg of potatoes
- 5kg of brown onions
- Shop items: oil and spices (see recipe for quantities)

## **Soup Recipe**

*Servings: 6 people*

**NOTE:** This is a basic recipe to gauge the right quantity – different spices etc. can be used.

### *Ingredients*

- 1 onion, finely chopped
- 1kg peeled pumpkin, diced
- 1 large potato, peeled, diced
- 1 garlic clove, crushed (optional)
- 2 tablespoons olive oil
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon ground nutmeg
- 1L vegetable stock (or just water) – less for thicker soup
- Salt – as you feel is appropriate (depends on personal taste)
- **FYI** the spices can be changed according to personal taste

### *Methods*

- Heat oil in a large saucepan over low heat
- Add onion and cook for 2-3 minutes, until softened but not coloured.
- Add garlic and spices and cook, stirring, for 30 seconds.
- Add pumpkin, potato and stock/water and bring to the boil.
- Turn heat to low, cover and simmer for 30 minutes.

- Allow to cool slightly and then blend in batches (can do this with a stick blender or food processor)

#### Notes

- Pumpkin and potato cook much faster when in smaller pieces
- Pumpkin and potato can be roasted in oven first to accelerate cooking process.
- The whole cooking process is about 3 hours per person (peeling vegetables and chopping them took bulk of this time) - **getting volunteers to peel and chop pumpkin on a Thursday when veggies arrive makes cooking much easier as most of the chopping is done.** But needs to be stored in a cool place so it doesn't go bad
- The co-op has a couple of big pots for cooking. Also; Monika has 3, Andy has a couple and Alicia/Laksmi have a couple that can be borrowed.
- Soup is transported in barrels from honey or tahini
- **If heating is being done by adding boiling water then soup should be made relatively thick**

#### Logistics on the day

- Bread rolls picked up from Tin Pin bakery at approx. 7am and dropped to co-op. These need to be cut in half by a volunteer before they are taken to the stall. 50 rolls takes about 10-15mins to cut in half
- Soup most likely made at coordinators/ volunteers house so needs to be picked up by someone with a car and driven to co-op/ soup stall location (probably Library Lawn)
- Reheating done using burners from the co-op and Monika's burner. Pour soup into pots so that they are half full and then fill up with water. On high heat, takes very short time to heat (approximately 10-15min)
- **Items needed for stall:** tressle table, Tfoods banner (and promo material), scoops for serving (plastic is better so not to scratch good pots), extension lead (in case not near power point), power board, burners (Tfoods double one and possibly Monika's single one), pots, cups, napkins, soup and rolls.
- If we did soup as catering in bowls, Monika has around 50 bowls that could be borrowed – they are an eclectic mix that don't match. Asking the school requesting catering to supply the bowls and cutlery stuff may be the better option.