



## Food For Thought Recipe and Allergen Card

### Chinese Sweetcorn Soup

30 Portions

Ingredient	Hannah Product Code	Quantity
Sweetcorn	F003015	1kg
Eggs	C000350	6
Soy	D001461	To taste
Ginger - grated		1 thumb sized peice
Milk		
Onion – diced		3 Large
Cornflour	D002188	As required
Garlic – finely diced		4 cloves
Salt	D001199	To taste
Pepper	D001103	To taste
Olive oil	D001010	For frying

#### RECIPE METHOD – ALLERGENS

1. In a saucepan add some olive oil for frying
2. Add the onion and cook for 1 minute followed by the ginger and the garlic
3. Add the sweet corn and cook for 2 minutes
4. Add water to the pan (enough to make 30 portions) bring it to the boil
5. Add a small amount of milk, this is only to make the soup cloudy
6. Using cold water make a paste with the cornflour and slowly whisk into the soup
7. Do not add too much cornflour it only needs to be thickened slightly – too much cornflour will make it gelatinous
8. Whisk the eggs in a mixing bow
9. Whilst whisking, slowly pour in the eggs – purposely scrambling them in the soup
10. Season with salt and pepper
11. Serve with prawn crackers

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : <b>Wheat</b> Rye Barley Oats Spelt Kamut
<b>Milk</b>
<b>Eggs</b>
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
<b>Soya</b>
Lupin
Sulphites
May contain...