

GF Friendly

Cheese Soup

a creamy starter or midday hunger-buster

We first tasted this soup when visiting the UK, specifically Godmanstone and The Smith's Arms, England's smallest Inn. Our compliments to the chef must have gone down well because she was kind enough to pass on her recipe – many thanks for that. For the main course we had mouth-watering home-cured ham and chips which I won't even attempt to better. Instead, I served ours with a straight croissant (literally).

- 2 medium chopped onions
- 1 stick chopped celery
- 1 medium chopped potato
- a **pinch** of cayenne pepper
- 130g grated cheddar cheese
- ½ Tbsp grated Parmesan (optional)
- 300ml skim milk
- 1 litre water
- 1 chicken stock cube
- ½ **level** tsp turmeric



When chopping the vegetables, small cubes are best. Place these (onions, celery and potato) in a medium-size pan along with the water, the crumbled stock cube and turmeric, bring to the boil, then reduce heat, cover and simmer for 45 minutes. Allow to cool.

Heat milk **slowly** in a separate pan, adding cheese gradually, stirring occasionally until liquid is hot but **not boiling** and the cheese has melted. Stir in cayenne, turn off the heat and allow to cool, stirring occasionally to disperse cooling cheese. **NB: Flavour can be varied by substituting 20-30 grams of the cheddar with Stilton.**

When cool, blend or process both of the above until smooth and mix together in the pan along with salt and pepper to taste. The Parmesan may now be added if desired. Re-heat the soup stirring constantly. **Do not boil.**

Serve with a sprinkle of chopped parsley or chives. Freezes well

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