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Gorgonzola & Walnut Soup

Ingredients

40 g unsalted butter
20 ml walnut oil
1 large white onion, medium chopped
2 cloves garlic, peeled and crushed
3 celery sticks, stalks only, medium chopped
2 tbsp flour
600 ml chicken stock
300 ml full cream milk
200 g gorgonzola, crumbled
3 tbsp walnut pieces, coarsely chopped
160 ml low-fat yogurt
salt and freshly ground black pepper to taste

Preparation

1. Melt the butter in a large saucepan and add the walnut oil.
2. Saute the onions, garlic and celery for 3 minutes over medium heat, stirring continuously.
3. Add the flour and continue stirring for half a minute
4. then gradually add the stock and the milk, continuing to stir. Increase the heat and bring to the boil, then reduce to low heat and add 180g of the gorgonzola and the walnuts. Cover and leave to simmer gently for 25 minutes.
5. Stir in the yogurt and cook for another 2 minutes.
6. Serve while hot, sprinkled with the rest of the gorgonzola

Cooks Note