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by Liz Robb

Courgette, Garlic and Stilton Soup

Ingredients

2 onions
3 cloves of garlic
3 courgettes [about 550 g]
1 large potato
15g butter
1 tablespoon of olive oil
1 litre of vegetable bouillon
100g blue stilton cheese, plus more for garnish
Salt and black pepper
A handful of fresh chives
2-3 tablespoons of single cream

Servings

5

Person

Preparation

- 1 Peel and finely chop the onions and garlic, quarter the courgettes lengthways and chop into chunks and then peel and cut the potato into small dice.
- 2 Melt the butter and olive oil over a low heat in a large pan and gently saute the onion for 2 minutes, then stir in the garlic and saute for a further 3 minutes.
- 3 Add the chopped courgette and potato and stir well together. Sweat the vegetables gently for a few minutes, stirring to stop the potato sticking.
- 4 Gradually stir in the hot bouillon and bring to a simmer. Simmer gently, stirring occasionally, for about 20 minutes, or until the vegetables are really soft. Blend the soup until completely smooth.
- 5 Crumble or chop the cheese into small pieces and stir 100g into the soup, and warm through for a couple of minutes. Season to taste with salt and black pepper.
- 6 Chop the chives finely and stir into the soup, along with 2-3 tablespoons of single cream. Serve garnished with a little blue cheese and a sprinkling of chopped chives.

Cooks Note

A light and creamy summer vegetable soup with a gentle tang of blue cheese: easy to make and full of flavour.

Try using a different blue cheese, such as gorgonzola, or perhaps dolcelatte if you prefer a much milder flavour.
