

Onion, Carrot & Stilton Soup

Ingredients:

- 50g unsalted butter
- 350g onions, peeled and chopped
- 1 Large carrot, trimmed, peeled and sliced
- 1 Celery stick, trimmed and sliced
- 300g potatoes, peeled and diced
- 1 Litre chicken stock
- Sea salt
- Black pepper
- 100g Stilton, grated

Method:

1. Melt the butter in a medium-size saucepan over a medium-low heat and sweat the onion, carrot and celery for 10 mins stirring occasionally until glossy and softened, without colouring.
2. Add the potatoes, stir to coat them in the butter, then pour in the chicken stock, bring to the boil and simmer for 15 mins. Liquidise the soup, season it with black pepper, then return it to the saucepan.
3. Stir the grated Stilton into the hot soup, then leave it for a minute or two and stir again.

Croutons

Cut the crusts off 1cm-thick slices of day-old white bread and dice the remaining bread. Heat 3-4 mm of Black & Gold oil in a frying pan until it is hot enough to immerse a cube of bread in bubbles. Add a single layer of bread cubes to the pan and fry them, tossing occasionally, until golden and crisp. Remove with a slotted spoon, drain on kitchen paper, then leave to cool.