



COURGETTE & CHEDDAR SOUP

Sutton Soup #6 July 2017

Serves 6

This soup came about because the ingredients were sponsored for Soup #6 by the lovely people at Sutton Community Farm. We had to use what was in season right then and they told us that we had a choice between courgettes or spinach – we went for courgettes!!

The farm sent us some boxes of beautiful green & yellow courgettes, all different shapes, and gorgeous new potatoes to make the soup. Of course, it was very popular....

INGREDIENTS

500g potatoes

1 litre vegetable stock

1 kg courgettes

1 bunch spring onions

100g extra mature cheddar

fresh nutmeg, salt and pepper

Wash the potatoes thoroughly but don't bother to peel them, chop roughly. Chop the courgettes roughly too and slice the spring onions (watch out for dirt in the onions!)

Place the potatoes in a large pan with the vegetable stock and bring to the boil.

Cover, reduce the heat and cook for 5 minutes.

Add the courgettes, bring back to the boil, cover again and then cook for a further 5 minutes.

Now repeat this process with the spring onions, cooking for a final 5 minutes.

Take the soup off the heat and stir in the grated cheese and season with the nutmeg, salt and pepper – be generous with the nutmeg, it will bring the flavours out.

Blend until smooth with a hand blender. If the soup seems too thick to you, just add a little hot water from the kettle until you get the consistency you like.

