

Cream of baby spinach soup with walnuts and melting Stilton

A vibrant summer soup with loads of flavour and colour



James Brown, MCGB

INGREDIENTS (to serve four)

3 bags of baby spinach
2 large onions
25g/ 1 oz butter
25ml/ 1 fl oz extra virgin olive oil
2 plump cloves of garlic
¾ pint boiling water
Pinch of freshly ground nutmeg
Sea salt and fresh ground black pepper
½ teaspoon of bicarbonate of soda

To Garnish:

25g/ 1 oz of toasted walnut pieces
50g/ 2 oz of crumbled ripe Stilton cheese
50ml/ 2 fl oz chilled double cream

Equipment List

Saucepan with a heavy base
Liquidiser
Wooden spoon

METHOD:

Wash the spinach well and drain. Place the butter and the oil in the pan and put on a low heat. Peel and finely slice the onions and cook gently until softened. Peel and finely chop the garlic, adding to the pan. Add the water and bicarbonate of soda. Add the spinach then season with salt, pepper and nutmeg to taste. Bring to the boil. As soon as the soup has boiled it is cooked. Remove from the heat and blend well in the liquidiser. The soup should be perfectly smooth and a vibrant green colour. Check for seasoning.

To serve, put a few toasted walnut pieces in the bottom of 4 warmed bowls. Pour the piping hot soup over and finish with crumbled Stilton cheese and a swirl of double cream. Serve with warm brown bread and butter.