

Cream of celery soup with garlic croutons

Equipment

Large saucepan

Chopping board

Wooden spoon

Knife

Ingredients

2 ½ cups milk

1 onion studded with 3 cloves

500ml vegetable stock

3 stalks of celery

4 celery tops and leaves

2 bay leaves torn in half

60g butter

1 onion finely chopped

¼ cup flour

Salt & pepper

1/2 cup cream

Method

1. Peel the onion and press the cloves firmly into the sides.
2. Wash the celery tops and leaves and cut in half.
3. Put the milk, studded onion, stock, celery tops and leaves, bay leaves and ½ tsp. salt and ½ tsp. pepper in a pan.
4. Bring to the boil, then reduce the heat and let simmer gently for 8 minutes. Allow to cool, then strain, discard the flavourings.
5. Wash and cut the celery stalks into matchsticks.
6. Peel and chop the second onion.

7. Heat the butter in the pan, and when foaming add the onion and cook for 5 minutes, or until softened. Add the celery sticks and cook for a further 2 minutes.
8. Add the flour and cook for 1 minute stirring continuously.
9. Remove from the heat and gradually stir in the stock. Return to the heat and cook, stirring until the mixture boils and thickens. Simmer for 2 minutes. Stir in the cream and season to taste.

Garlic Croutons

1 French stick sliced

20g melted butter

1 Clove garlic crushed

1. Preheat electric frying pan.
2. Add the garlic to the melted butter.
3. Brush both sides of the bread with the combined butter and garlic.
4. Fry until crisp and brown on both sides.
5. Serve on top of soup.