

Cheese and Onion Soup

Written by jenny Schimak

Friday, 28 May 2010 22:56 - Last Updated Friday, 28 May 2010 23:17

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This thick, smooth, cheesy soup is complemented by tangy mustard toasts.

Ingredients

- 30g butter
- 3 medium onions
- 1 clove garlic, finely chopped
- 30g flour
- 600ml milk
- 300ml chicken stock or 150ml stock and 150ml white wine
- salt and pepper
- 120g grated cheddar cheese

Method

- Melt the butter in a large saucepan
- Add the onions and garlic and cook gently for 10-15 minutes until onions are softened but not brown
- Add the flour and mustard and cook for 2-3 minutes more.
- Remove from the heat and gradually add the milk and stock, stirring all the time.
- Return to the heat and bring to the boil, stirring continuously.
- When the soup thickens, reduce the heat and simmer for 5 minutes.
- Remove from the heat and stir in the cheese.
- Serve immediately with mustard toasts.

To make the mustard toasts

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- Thinly sliced bread, toasted on one side only
- butter
- whole grain mustard
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- Butter the untoasted side of the bread and spread generously with mustard
- Place under a medium grill for a few minutes until crisp and golden
- Cut into fingers and serve with the soup

Serves 4-6

Sandra Souter