

Thyme, Prawn and Mustard Soup

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Thyme, Prawn and Mustard Soup

Ingredients

- 60g butter
- 8 green shallots, chopped
- 1/4 cup plain flour
- 3 cups water
- 1-2 tsp chicken stock powder
- 1/4 cup dry white wine
- 2tbsp french mustard
- 1tbsp tomato paste
- 2tspn chopped fresh thyme
- 500g green, shelled prawns
- 3/4 cup cream

Method

- Melt butter in a large saucepan, add shallots.
- Stir over medium heat for about 2 minutes or until shallots are soft.
- Add flour and stir for another 2 minutes.
- Remove from heat and gradually stir in water, stock cubes, wine, mustard, tomato paste and thyme.
- Stir over high heat, until mixture boils and thickens.
- Add prawns and cream and simmer, uncovered for about five minutes or until prawns are tender.

Sandra Souter