



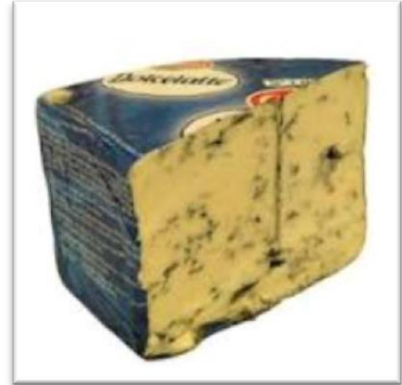
Burley Model Allotments

Courgette and Dolcelatte Soup

Serves 4.

Ingredients:

- 2 tbsps olive oil
- 1 tbspn butter
- 1 med onion, roughly chopped
- 900 g (2 lbs) courgettes, topped and tailed, and evenly sliced (about the thickness of a pound coin) LEAVE SKIN ON!
- 115 g Dolcelatte Cheese
- 1 tspn dried oregano
- 1 pint veg stock
- ½ pt single cream (you can use low fat crème fraiche)
- salt and black pepper



Method:

1. Heat butter and oil in a large pan, over a medium heat, until foaming.
2. Add chopped onion and fry gently for 5 mins, stirring frequently. The onion should be softened but do not allow to brown.
3. Add the sliced courgettes and oregano, salt and pepper to taste. You don't need much salt as the cheese is salty!!!! I used a scant teaspoon.
4. Cook over medium heat, stirring frequently to prevent sticking, for 10 minutes.
5. Pour in the stock, bring to boil. Lower heat, half cover pan, and simmer gently, stirring occasionally, for 30 minutes.
6. Add the cheese and stir until it's melted.
7. Process the soup using a stick blender or food processor.
8. Add two thirds of the cream and stir over a low heat. Don't allow it to boil!
9. Pour into preheated bowls and swirl on the remaining cream. If you have any cheese and oregano left over just sprinkle a bit over. You can use Gorgonzola for a more pronounced taste.