

THE BRITISH COOKBOOK



PHAIDON

WATERCRESS SOUP

UNITED KINGDOM

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Compared to other fresh greens such as sorrel, nettle or spinach, watercress has a strong pepperiness that translates well into creamy soups and gives them a kick that the others lack.

UNITED KINGDOM

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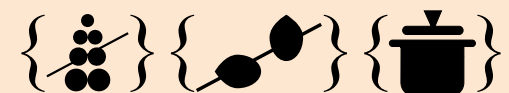
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Serves: 4–6

Prep time: 10 minutes

Cook time: 30 minutes



- 60 g/ 2¼ oz (½ stick) butter
 - 1 onion, sliced
 - 1 clove garlic, sliced
- 1 potato, peeled and cut into small dice
- 1 large bunch watercress, stems removed,
plus 1 small handful, chopped, to garnish

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- 250 ml/ 8 fl oz (1 cup) full-fat (whole) milk
- 750 ml/ 25 fl oz (3 cups) chicken or vegetable stock
- 75 ml/ 2 ½ fl oz (⅓ cup) single (light) cream
 - ¼ nutmeg, grated
 - salt and pepper

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- * Melt the butter in a large saucepan over a medium heat, add the onion and garlic and fry for 8 minutes, or until soft. Add the potato with some salt and pepper and cook for 5 minutes.
- * Shred the watercress leaves, add to the pan and cook for another 5 minutes, or until wilted. Add the milk and stock, bring to the boil, then reduce the heat and simmer for 10 minutes, or until the potatoes are tender.
- * Remove from the heat and, using a hand-held blender, blend the soup until smooth, then add the cream and nutmeg. Check the seasoning and add more salt and pepper, if necessary. Garnish with more chopped watercress or stir it through and serve.