

CHBC Demo Recipes

Carrot Soup with Stilton Soufflé and Green Onions

(Serves 4)

A: Stilton Soufflé

1 cup carrots (cooked and mashed)
2 tbsp butter
½ cup cracker crumbs
½ cup milk
1 cup cheddar cheese (shredded)
½ cup Stilton cheese (crumbled)
2 tbsp onion (grated)
pinch cayenne pepper
to taste salt and pepper
1 egg (beaten)

B: Carrot Soup

¼ cup butter
1 small onion (diced)
2 stalks celery (diced)
3 carrots (grated)
3 cloves garlic (chopped)
1 tsp dry dill
1 tsp dry thyme
pinch cayenne pepper
to taste salt and pepper
3 cups water
1 cup whipping cream

C

2 green onions (finely sliced on an angle)
1 tsp extra virgin olive oil
to taste salt and pepper

- A. Mix all A ingredients except egg. Once mixed, fold in egg. Divide between 4 four-ounce ramekins and bake in the oven at 325° for 35-45 minutes (until firm). Remove from oven and keep in a warm place.
- B. Melt butter in a large saucepan over medium-high heat. Stir in all B ingredients, except water and cream. Cover and cook (stirring occasionally) for 5-7 minutes, until tender and juicy. Add water, cream and more salt to taste. Cover and simmer for 5 minutes.
- C. Divide soup between 4 shallow soup plates (pile the majority of the vegetables in the middle of the soup plate to create a base for the soufflé). Remove the soufflés from the ramekins and place on top of the vegetables. Mix C ingredients and distribute onto soufflés.



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