

Green Pepper Soup

Ingredients

2 tablespoons oil

50g / 2 oz. Butter

200g / 8 oz. green peppers, seeds and cones removed, diced

2 onions chopped

38g / 1.5 oz. flour

375 ml. / 0.75 pint home-made chicken stock or stock made with 2 chicken stock cubes

salt and pepper

375 ml. / 0.75 pint milk

2 to 3 tablespoons single cream

This is an unusual soup which takes up little room in the freezer as the milk is added after thawing and reheating the soup.

Heat the oil in a saucepan, then add the butter. When it has melted, add the green peppers and onions and cook gently for 5 minutes. Blend in the flour and cook for 1 minute. Gradually stir in the stock and bring to the boil. Season and simmer, covered, for 30 minutes or until the vegetables are soft.

Push the soup through a sieve, or puree in a liquidiser.

To freeze: pour into a rigid container, cool, cover, label and freeze.

To thaw and serve: turn the frozen soup into a saucepan, add 2 tablespoons water and reheat gently, covered, stirring occasionally. When thawed, stir in the milk. Heat through and add the cream just before serving. If serving cold, add extra cream.

Serves 4

David's Notes: if you do not want to use chicken stock, vegetable stock will do. I don't add the salt and pepper during cooking but when reheating and adding the milk. I liquidise the soup and put it through a nylon strainer. I do not add extra cream as I don't think it needs it.