

Cream of Zucchini And Onion Soup

Serves: 2

Ingredients

50g Plain Flour
50g Butter/Margarine
500ml Chicken Stock
¼ Zucchini, diced
½ Onion, diced finely
¼ tsp Nutmeg
½ tsp Oil
Salt and Pepper to taste



Method

1. Prepare a blonde roux using a saucepan.
2. Bring stock to the boil and gradually mix stock into the roux using a wooden spoon, stir enough that you don't have lumps.
3. Wash zucchini, cut into small pieces and dice onion.
4. Heat oil in a frypan then add onion with the zucchini.
5. Cook on a medium heat until the onion is clear and zucchini is tender, add nutmeg.
6. Now add the cooked vegetables to the chicken veloute.
7. Simmer for 5 minutes.
8. Correct the seasoning and consistency if needed.

Notes

Stock: 500ml Water
1½ tsp Chicken Stock Powder