



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Stilton Cheese Soup

Ingredients

2oz butter
1 onion, finely chopped
2 sticks celery, finely chopped
1 ½oz flour
5 tablespoons white wine
1 pint chicken stock
½ pint milk
4oz blue Stilton cheese, crumbles
2oz Cheddar cheese, grated
Salt and freshly ground pepper
4 tablespoons double cream

Method

Melt butter in a saucepan, add vegetables and fry gently for 5 minutes.

Stir in flour and cook for 1 minute.

Remove from heat and stir in the wine and stock; return to heat and bring to boil; simmer for 30 minutes.

Add milk and cheese, stirring constantly.

Season, stir in cream, liquidise, reheat but do not boil.

