

The soup we served at the St. Mary's Bell Tower [Dine Somewhere Different] lunch – adapted from The Soup Book, published by Dorling Kindersley in association with the Soil Association.

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WATERCRESS & PEAR SOUP

Serves 4

Ingredients:

25g butter

1 onion, finely chopped

175g watercress

3 ripe pears, cored and roughly chopped [no need to peel]

1 litre vegetable [or chicken] stock

Salt and freshly ground black pepper

200ml double cream

Juice of ½ lemon

Parmesan cheese, shaved, to serve [optional]

Method:

1. Melt the butter in a saucepan over a low heat and cook the onion for 10 minutes, or until soft, stirring occasionally to prevent burning. Meanwhile trim the watercress, removing the thickest of the stalks.
2. Add the watercress to the onion, with the pears and stock, and season with salt and pepper
3. Bring to the boil, cover and simmer gently for 15 minutes. Remove from the heat and pour into the blender. Process until the soup has a very smooth texture
4. Stir in the cream and lemon juice, adjust the seasoning and sprinkle with Parmesan shavings, if using.

This soup can be made up to four hours in advance and refrigerated until ready to use. Can be served chilled.