



CELERY SOUP

80 grams butter

2 x medium onions chopped

2 x garlic cloves finely chopped

4 tablespoons plain flour

2 litres of vegetable stock

700 grams celery stalks chopped

Salt and Pepper to taste

300mls of milk

Pinch of nutmeg

Melt butter in large saucepan and fry onion and garlic for 5 minutes. Stir in flour and add the stock, stir constantly to avoid lumps. Clean and trim celery, cut into small pieces add to the pan. Season and simmer for 30 minutes or until celery is tender. Blend soup, then return to pan, adding milk and nutmeg. Reheat soup gently (do not boil).