

# Cheddar and Ale Soup with Crispy Shallots and Bacon

Adapted from a Williams-Sonoma recipe

Internet Address:



- 3 pieces thick-sliced bacon, finely chopped
- 4 whole shallots, thinly sliced
- 1 pound white potatoes (if using red potatoes, peel them)
- 1 whole yellow onion
- 2 stalks celery
- 3 whole carrots, peeled
- 1 clove garlic, minced
- 1/4 cup all-purpose flour
- 1 teaspoon sea salt
- 2 cups whole milk
- 1/2 cup heavy cream
- 1 1/2 cups low-sodium chicken broth
- 12 ounces beer, ale, hops forward style
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- 12 ounces Cheddar cheese, shredded (sharp, white - not yellow cheese)

## Soups

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 6

NOTES: If you use a lighter style beer it won't have the punch as much as if you use a hops-forward ale. Next time I might use a lighter style than the imported ale I purchased. Your choice! The original recipe called for more flour and less fluid, but I thought it was too thick, so have cut back on flour and added more milk.

1. In a frying pan over medium heat, render bacon until cooked through and light golden. Remove to paper towel, but retain fat in the pan. Add the shallots to the bacon grease and cook, stirring once or twice, until crisp and golden, about 5 minutes. Using a slotted spoon, transfer to a bowl and set aside.
2. Cut the potatoes into 1/2-inch cubes; chop the onion, celery and carrots and add to the pan along with the garlic. Add the chicken broth, bring to a boil and reduce the heat to medium-low, and cook, stirring, until the onion, celery and carrots have softened and the potatoes are almost tender, 7-10 minutes.
3. In a jar combine the milk and all-purpose flour then shake until combined with no lumps, then slowly add to the soup mixture, along with the heavy cream and the beer/ale, stirring as you do so. Bring to a simmer and cook until mixture returns to a simmer, whisking frequently. Add salt, Worcestershire sauce and mustard. Allow soup to cook, keeping it still just below a simmer, if possible (it may separate if you actually boil it). Cook for 5-10 minutes maximum.
4. Puree the soup in batches in a stand blender. You can use an immersion blender, but it won't get it completely smooth and it will take a long time. Reheat just until steaming. Add in the cheese and cook, stirring, until the cheese has just melted, 2-3 minutes. Taste for seasonings (salt) and add more broth or milk if you think it's too thick. It thickens up as it cools.
5. Garnish with the crispy shallots and bacon and serve at once. If you want to be especially fancy, add some croutons on top too.

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Per Serving (excluding unknown items): 511 Calories; 33g Fat (57.8% calories from fat); 25g Protein; 29g Carbohydrate; 3g Dietary Fiber; 103mg Cholesterol; 880mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.