

Creamy Cheddar Cheese Soup with Sherry & Thyme

*Carolyn T's
Main Cookbook*

Servings: 4

Author: Phillis Carey cooking class 10/09



1/4 cup unsalted butter
1 cup onion, minced
1/3 cup carrot, minced
1/4 cup celery, minced
1 teaspoon garlic, minced
1/4 cup all-purpose flour
2 1/4 cups low-sodium chicken broth
2 1/2 cups half and half
1 whole bay leaf
1 pinch cayenne
3 tablespoons dry sherry
3 cups sharp cheddar cheese, grated
1 teaspoon dried thyme, or 1 T. fresh
Salt and pepper to taste
Italian parsley for garnish

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

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*Per Serving (excluding unknown items): 722 Calories;
59g Fat (71.1% calories from fat); 34g Protein; 20g
Carbohydrate; 2g Dietary Fiber; 176mg Cholesterol;
626mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2
Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat.*

Notes: Phillis recommended serving this with a salad containing numerous vegetables. This is also nice with some kind of savory muffin. The servings are based on a moderate dinner-sized portion. It will serve more if you're serving it with a sandwich, for instance. The soup will be much more tasty if you use a really good sharp cheese, like an English (Cotswold) cheddar.

1. Melt butter in a large pot over medium heat. Add the onion and cook until softened, about 4 minutes. Add carrot, celery and garlic, and cook another minute or two.
2. Stir in the flour to coat the vegetables and cook until mixture begins to brown on the bottom of the pot, about 2 minutes. Turn up the heat if it's going too slowly, but watch it carefully so it doesn't burn.
3. Gradually whisk in the chicken broth and half and half; add the bay leaf. Increase heat to medium high and bring to a boil, stirring occasionally. Reduce heat to medium low and simmer until vegetables soften and soup is thickened, about 10 minutes.
4. Remove the soup from the heat and add cayenne and sherry. Cool soup for about one minute, then slowly whisk in the cheddar cheese and thyme. Stir until cheese is melted completely. Season with salt and pepper and ladle into soup bowls immediately. If reheating, do not boil the soup or it will separate.