



Green Soup

1 brown onion, roughly chopped
1 head of broccoli
½ head of cauliflower
1 cup of frozen peas
100g Tongola Curdy
Stock (If I don't have any of my homemade stock on hand, I use 2 vegetable stock cubes)
Water
Dash of olive oil or knob of butter

Toasted no-knead homemade bread (see next page)
Spoonful of Curdy to Garnish

Heat the oil/butter in a heavy based pot if you have one, or a saucepan. Add the onion, being careful not to burn. When the onion is cooked, add the broccoli and cauliflower, add the stock (or cubes) and cover with water.

Bring to the boil and then simmer until the veggies are almost cooked. Add the frozen peas and cook for a further 2 minutes. When cooled, blend into a smooth consistency. If not thick enough, bring back to the boil and reduce. When happy with the consistency, stir through 100g of Curdy. Garnish with Curdy and flat leaf parsley and cracked black pepper.

Serve with toasted homemade bread, covered in butter.



No-Knead Homemade Bread

3 cups of flour (I use a combination of plain flour and spelt)

1 tsp yeast

1 tsp salt

1½ cups of warm water

Mix dry ingredients together, then add enough water to allow to come together as a ball. Leave to rise in the bowl for 3-4 hours (or overnight) in a warm location.

Place a cast iron pot with lid in the oven then heat to 200°C. When hot, put the dough in pot with the lid on. Bake for 20 minutes. Remove the lid and bake for a further 10 minutes or until the crust is to your liking. Remove and cool, if you can!