

## Beetroot Soup



### Ingredients

- 1 qt. chicken stock
- 1 rounded Tbsp. butter (1 oz.)
- 1 rounded Tbsp. flour (25 gm)
- 1/4 pt. cream or half & half (150 ml)
- 1 large, cooked beetroot
- 1 stick celery
- Salt to taste
- Pepper to taste
- Shredded cabbage for garnish

### Method

1. Melt butter and flour in a skillet; fry lightly without browning it.
2. Skin the beet and cut it into fine shreds.
3. Wash and shred celery.
4. Add the stock; stir until it boils and thickens.
5. Add beet and celery.
6. Cook for 1/2 hour.
7. Pass through a sieve.
8. Season carefully.
9. Add the cream.
10. Make thoroughly hot without allowing it to boil.
11. Place shredded cabbage in soup tureen.
12. Pour the hot soup into the tureen and serve.

*Courtesy of Gloucestershire Recipes 1919 to 1979 Diamond Jubilee  
published in House of Lancaster Cookery Book, 1986*