

Princess of Wales' Watercress Soup



Her Royal Highness the Princess of Wales (Formerly Lady Diana Spencer) has kindly given her permission for Lancaster chapter to include her recipe for Watercress Soup. Serves 3.

Ingredients

- 1 oz. (25 g) butter
- 1/2 pt. (275 ml) single cream
- 1 oz. (25 g) flour
- Salt and freshly milled black
- 1 1/4 pt. (570 ml) warmed chicken pepper stock
- Bunches (about 6 oz. or 175 g) fresh watercress

Method

1. Melt the butter in a saucepan, then add the flour and cook for a couple of minutes on a low heat, stirring gently.
2. Now slowly add the warmed chicken stock until you have a creamy consistency.
3. Wash the watercress thoroughly and add it to the mixture.
4. Cook slowly until the stalks are soft, stirring occasionally; this will take about 20 minutes.
5. Remove the pan from the heat and allow the soup to cool.
6. Liquefy the mixture in a blender or food processor, then pass it all through a fine sieve into a bowl.
7. Add the cream (reserving a little to garnish the top of each portion), then cover the bowl and chill until ready to serve.
8. A few leaves of watercress, previously blanched, can provide additional garnish if required.

Courtesy of Princess Diana, House of Lancaster Cookery Book, 1986