

Watercress Soup

Watercress is a summer vegetable, in season at the moment. This peppery flavoured soup is ideal for a summer lunch.

2 large onions
2 large potatoes
2 bunches watercress

Peel and chop onions finely and place in a medium sized saucepan. Scrub the potatoes with a vegetable brush and remove any blemishes. Chop into 1,5 cm size cubes and add to saucepan. Cover with water and bring to the boil. Then simmer on a low heat.

Wash the watercress well and chop into 5cm lengths.

When the onions/potatoes are cooked add the watercress and simmer for about 2 minutes further on low heat.

Blend the soup until you reach the consistency you desire.

