



(Scott Suchman for The Washington Post/food styling by Lisa Cherkasky for The Washington Post)

🕒 40 mins 🍲 **Soup**

Cheddar Cheese Soup

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By Olga Massov

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Assistant recipes editor Olga Massov was introduced to this cheddar soup from glassmaker Simon Pearce by her husband's family, who used to spend Thanksgiving in Quechee, Vt., where Pearce is based. Massov loved the soup so much that she tracked down the recipe in the cookbook the company produced and it became her Thanksgiving menu stalwart. Made with pantry staples and frugal vegetables, such as carrot, onion and

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as a start to a holiday meal.



Storage: Refrigerate for up to 4 days; gently reheat, stirring frequently, until hot. Do not freeze.

Adapted from "A Way of Living" by Pia and Simon Pearce (Simon Pearce, 2009).

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- 2 medium carrots (6 ounces total), coarsely grated
- 2 large stalks celery (4 ounces total), finely chopped (reserve the leaves)
- 1 stick (8 tablespoons) unsalted butter
- 1 small yellow onion (5 ounces), finely diced
- 1 teaspoon finely chopped fresh thyme or 1/2 teaspoon dried
- 1 bay leaf
- 1/2 cup all-purpose flour
- 4 cups no-salt-added chicken broth, hot
- 3 cups (12 ounces) coarsely grated extra-sharp cheddar cheese, preferably from Vermont
- 1 cup half-and-half
- Fine salt (optional)
- Freshly cracked black pepper
- Fresh flat-leaf parsley or thyme, for serving (optional)

Directions *Total: 40 mins*

Step 1

Fill a medium pot with water, set it over high heat and bring to a rolling boil. Meanwhile, in a medium bowl, prepare an ice bath. Add the carrots and celery to the boiling water and cook, uncovered, for 30 seconds, then drain through a colander. Immediately transfer to the prepared ice bath for 30 seconds; then drain again. Discard any large ice cubes.

Step 2

In a medium pot over low heat, melt the butter. Add the onion, thyme and bay leaf, increase the heat to medium-high, and cook, stirring occasionally, until the onions are translucent, about 4 minutes. Decrease the heat to low, stir in the flour and cook, stirring continuously, until the flour and onion form a roux and it begins to bubble, about 2 minutes. Add the hot broth, 1 cup at a time, whisking until incorporated. Increase the heat to medium and bring the mixture to a lively simmer, whisking all the while to ensure it's smooth.

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Step 3

Working in two batches, stir in the cheddar until it melts. Stir in the half-and-half, and the reserved carrots and celery and cook, stirring occasionally, until heated through, about 2 minutes. Taste, and season with salt and pepper as desired; the cheese adds saltiness, so you may not want any additional salt. Remove from the heat and ladle the soup into bowls. Sprinkle with more black pepper, and garnish with parsley, celery leaves or thyme, if desired.

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Nutritional Facts

(3/4 cup), based on 12

| Calories | Carbohydrates | Cholesterol | Fat |
|------------|---------------|---------------|---------------|
| 240 | 9 g | 60 mg | 19 g |
| Fiber | Protein | Saturated Fat | Sodium |
| 1 g | 9 g | 12 g | 224 mg |
| Sugar | | | |
| 2 g | | | |

This analysis is an estimate based on available ingredients and this preparation. It should not substitute for a dietitian's or nutritionist's advice.

Adapted from "A Way of Living" by Pia and Simon Pearce (Simon Pearce, 2009).

Tested by Olga Massov and Ann Maloney.

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▲ **Dr Audio** 10 hours ago

What are “thirty seconds minutes” in the ice bath instructions? Please clarify.



▲ **Ann Maloney** STAFF 9 hours ago

Thank you for catching that error. It's fixed. It is just 30 seconds to stop the cooking.



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