

## **Soup Cressy**

This recipe was served at a series of Georgian dinners held in the historic dining room of Campbell House in March 2011 and also in March as part of refreshments after a re-enactment of the Types Trial, a program in partnership with ROMwalks.

From *The Practice of Cookery, Adapted to the Business of Everyday Life*, by Mrs Dalgairns, 3<sup>rd</sup> edition, Edinburgh, 1830.

2 tbsp (30 mL) butter

3 onions, chopped

6 large carrots (1-1/2 lb/750 g), peeled and sliced

4 cups (1 L) water

1 bay leaf

1/2 tsp (2 mL) each thyme and marjoram

1 whole clove

Half blade mace

Salt and freshly ground pepper

1/2 cup (125 mL) long grain rice, cooked

- In large pot, melt butter over medium heat. Add onions and carrots; fry, stirring often, until softened, about 8 minutes.
- Add water, bay leaf, thyme and marjoram. Enclose clove and mace in small piece of cheesecloth; tie and add to pot.
- Cover; bring to boil over medium-high heat. Reduce heat and simmer until carrots are very tender, about 30 minutes. Remove bay leaf and spice bag.
- Puree with immersion blender or in stand blender. Strain through sieve into clean saucepan. (Make-ahead: Let cool

for 30 minutes; refrigerate in uncovered airtight containers until cold. Seal and refrigerate for up to 2 days or freeze for up to 2 weeks.)

- Reheat, adding more water if desired. The texture should be “as thick as rich cream”. Season to taste with salt and pepper.
- Into warmed soup bowls put heaping spoonful of rice. Pour in soup and serve immediately.

Makes 6 servings or 12 tea-cup size servings.

**Tip:** The recipe calls for “sweet herbs”; use fresh parsley as additions to herbs, or basil as substitution for marjoram in the recipe.

**Tip:** Since there is no stock/broth, the flavour of the soup comes from the carrots and onions. Organic carrots and onions will make the soup taste more delicious than conventionally grown vegetables.