



UCOOK

Biltong & Leek Soup

with croutons, fresh parsley & cream

Indulge in the heart-warming flavours of this classic biltong soup, a family-friendly favourite that's both convenient and easy to make. Tender leeks, garlic, and savoury beef biltong in a creamy broth are infused with nutmeg and fragrant herbs. Top it off with crispy baguette croutons and a generous sprinkle of grated Italian-style hard cheese.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Waterkloof | Circumstance Cabernet Franc

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Ingredients & Prep

100g	Leeks <i>trimmed at the base, halved lengthways, rinsed & roughly sliced</i>
50g	Free-range Beef Biltong <i>roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	Cake Flour
100ml	Low Fat Fresh Milk
5ml	NOMU Beef Stock
2,5g	Ground Nutmeg
100ml	Fresh Cream
1	Sourdough Baguette <i>½ cut into bite-sized chunks</i>
20ml	Grated Italian-style Hard Cheese
4g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender
Butter

1. FRY Place a pot over medium-high heat with a drizzle of oil. When hot, add the sliced leeks and $\frac{3}{4}$ of the chopped biltong. Fry until the leeks are soft, 3-4 minutes (shifting constantly). Add the grated garlic. Fry until fragrant, 1-2 minutes (shifting constantly).

2. SOUP Once the garlic is fragrant, add 20g of butter and the flour to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and gradually stir in the milk and the stock, making sure there are no lumps.

3. BLEND Return the pot to medium-high heat and bring to a simmer. Once simmering, add the nutmeg (to taste). Simmer for 3-4 minutes until slightly thickened. Place in a blender and blend until smooth. Return to the pot, add the cream, and season. Cover to keep warm.

4. TOAST Place a pan over medium-high heat with a drizzle of oil. When hot, add the baguette chunks and fry until golden and crispy, 3-4 minutes (shifting occasionally).

5. COSY DINNER Bowl up the biltong soup. Sprinkle over the grated cheese, the remaining biltong, the baguette croutons, and the picked parsley. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	766kJ
Energy	183kcal
Protein	9.4g
Carbs	15g
of which sugars	3.7g
Fibre	0.8g
Fat	9.4g
of which saturated	5.2g
Sodium	323mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites

Cook
within 5
Days