



# 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.

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**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Fan Faves

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 Waterkloof | Circumstance Cabernet Franc

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## Ingredients & Prep

400g	Leeks <i>trimmed at the base, halved lengthways, rinsed &amp; roughly sliced</i>
200g	Free-range Beef Biltong <i>roughly chopped</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
40ml	Cake Flour
400ml	Low Fat Fresh Milk
20ml	NOMU Beef Stock
10ml	Ground Nutmeg
400ml	Fresh Cream
2	Sourdough Baguettes <i>cut into bite-sized chunks</i>
80ml	Grated Italian-style Hard Cheese
15g	Fresh Parsley <i>rinsed &amp; 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, 4-5 minutes (shifting constantly). Add the grated garlic. Fry until fragrant, 1-2 minutes (shifting constantly).

**2. SOUP** Once the garlic is fragrant, add 80g 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 4-6 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, 4-5 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