



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: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Waterkloof | Circumstance Cabernet Franc

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Ingredients & Prep

300g	Leeks <i>trimmed at the base, halved lengthways, rinsed & roughly sliced</i>
150g	Free-range Beef Biltong <i>roughly chopped</i>
2	Garlic Cloves <i>peeled & grated</i>
30ml	Cake Flour
300ml	Low Fat Fresh Milk
15ml	NOMU Beef Stock
7,5ml	Ground Nutmeg
300ml	Fresh Cream
2	Sourdough Baguettes <i>1½ cut into bite-sized chunks</i>
60ml	Grated Italian-style Hard Cheese
12g	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, 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 60g 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