



Vermont Cheddar Soup

It's a creamy, comfort soup to serve with healthy chunks of brown bread

1/2 Tablespoon canola oil
1/2 cup finely chopped sweet onions
1/2 cup finely chopped carrots
2 garlic cloves, sliced thinly
4 Tablespoons unsalted butter
1/2 cup all-purpose flour
1 teaspoon dried thyme
3/4 cup water
4 cups low sodium chicken stock
1 small bay leaf
1 Tablespoon apple cider vinegar
1/2 Tablespoon light sweet miso
1/2 Tablespoon pure maple syrup
Salt and freshly ground black pepper to taste
7 ounces freshly grated Vermont sharp Cheddar
3/4 cup heavy cream
Garnish: Fresh chopped parsley as desired

1. Heat the oil in a Dutch oven pot over medium heat until it just starts to shimmer. Add the onions and carrots, sauté until almost tender about 8 minutes; add garlic; sauté 1 to 2 minutes. Transfer to a small bowl
 2. In the same pot, melt the butter and then add the flour and thyme, to make a roux. Stir over low heat until combined and then continue to cook for about 10 minutes, stirring occasionally. The mixture will gently brown.
 3. Slowly add the water and chicken stock, whisking constantly. Bring to a simmer, add the bay leaf, vinegar, miso, and maple syrup; cook for 10 minutes. Season to taste with salt and pepper. Remove the bay leaf.
 4. On low heat, add Cheddar cheese all at once, whisking until melted and combined, and then add the cream and sauteed vegetables. Heat through and garnish with chopped parsley. Serve immediately with hearty brown bread.
- Serves: 4 to 6

Note from Gesine about recipe: Be careful not to scorch the soup and make sure that the cream you use is as fresh as possible. Overbeating the soup and using cream close to its sell-by date could lead the soup to curdling.

Recipe by: Gesine Bullock-Prado, *My Vermont Table*, Countryman Press, 2023.
Vermont Cheddar Soup, original recipe serves 10.

About the Recipe: Vermont is known for their delicious sharp Cheddar and maple syrup. This soup highlights both of those ingredients. It's a creamy comfort soup with a mild Cheddar thyme flavor. Small chunks of onion and carrots dot the soup, which is topped with a sprinkle of fresh chopped parsley. Serve it with slices of healthy brown bread and a fresh smear of butter.