



Mrs Beeton's Cold Winter Soup

Preparation time: 30-40 mins

Cooking time: 3 hours

Serves a large family!

Ingredients

- 2 ox cheeks (request from your butcher)
- 6 large carrots
- 1 very large swede
- 4 stalks of celery
- 2 huge onions
- 500ml (17 US fl oz) of any Somerset cider, but I prefer to use Thatchers.
- 3 litres (102 US fl oz) of water
- 360g (2 cups) red split lentils
- 1/2 white cabbage
- Large bunch of fresh herbs – rosemary, coriander, flat leaf parsley, thyme, bay leaf.
- 2 beef stock cubes
- 3 vegetable stock cubes

Equipage

- A very large stew pan with lid.

Method

1. Before you start, please lather up your mitts with a jolly good helping of Pears soap!
2. Now you're squeaky clean, one may prepare the meat by cutting it into cubes. Then chop up the vegetables any way you fancy and set the white cabbage to one side.
3. Transfer the meat to your stew pan, sprinkle with sea salt, pour in the water, and cover with lid.



4. Bring to the boil and skim off the frothy stuff. Reduce the heat to a simmer then crumble the stock cubes into the meaty liquid, add the cider, vegetables, bunch of herbs, and salt and pepper – give it a jolly good stir!
5. Return the lid and simmer gently for approximately 2 hours.
6. Now, carefully spoon in the lentils and white cabbage. Simmer for 1 hour.
7. Once cooked, add salt and pepper to taste.
8. Then serve to your guests from a decorative soup terrine – don't forget your soup bowls and spoons!
9. Enjoy with a scrumptious glass of Somerset cider – How spiffing!

Miss Windsor x