



Creamy Courgette and Dolcelatte soup by Mick Goodman

Serves 4 – 6

Ingredients

- 30 ml / 2 tbsp olive oil
- 15 g / ½ oz / 1 tbsp butter
- 1 medium onion, roughly chopped
- 900 g / 2 lb courgettes, trimmed and sliced
- 5 ml / 1 tsp dried oregano
- About 600 ml / 1 pint vegetable stock
- 115 g / 4 oz Dolcelatte cheese, rind removed and diced
- 300 ml / ½ pint single cream (optional)
- Salt and freshly ground black pepper

To garnish (optional)

- Extra Dolcelatte cheese, crumbled
- Sprigs of fresh oregano

Method

1. Heat the oil and butter in a large saucepan until foaming. Add the onion and cook gently for 5 minutes, stirring frequently, until softened but not browned.
2. Add the courgettes and oregano, seasoning with salt and pepper. Cook over a medium heat for 10 minutes, stirring often.
3. Pour in the stock and bring to the boil, stirring frequently. Lower the heat, half-cover the pan, and simmer gently for 30 minutes, stirring occasionally. Stir in the diced Dolcelatte until melted.
4. Process the soup in a blender until smooth, then press through a sieve into a clean pan.
5. Add two-thirds of the cream (optional) and stir over a low heat — do not boil. Adjust consistency with extra stock if needed, and season to taste.
6. Pour into heated bowls. Swirl in the remaining cream (if using), garnish with fresh oregano and crumbled Dolcelatte, and serve.

Notes

- “Although the recipe suggests using cream, I’ve never added it — it tastes great without. Your choice!”
- The beauty of this soup lies in its delicate colour, creamy texture, and subtle flavour.
- For a stronger cheese taste, substitute Gorgonzola for Dolcelatte.
- “I’ve never tried Gorgonzola, never used the cream, and never added the extra garnish.”

