

Bury St Edmunds Market

CHRISTMAS RECIPE CARD

You can buy the main ingredients for this delicious meal today in the market.

BUTTERNUT SQUASH SOUP WITH POACHED EGG, PERSILLADE AND CHEDDAR

Ingredients


- 1 small or $\frac{3}{4}$ of a butternut squash
- 2 medium carrots
- 1 shallot
- 2 gloves of garlic
- 1 $\frac{3}{4}$ pints of vegetable stock
(best with homemade stock)
- 4 free range egg yolks
- Salt/pepper
- 110g strong Cheddar cheese, grated
- 2 sprigs of thyme
- 1 bay leaf
- 2 sage leaves
- Olive oil

Persillade

- 3 sage leaves
- 2 tbs parsley, chopped
- 2 cloves of garlic
- 2 shallots

Method

1. Cut the squash in half, sprinkle with salt, and place on a baking tray in a preheated oven 180°C/350°F/ Gas mark 4. Bake for about 30 minutes or until soft. Allow to cool and dice into small pieces.
2. Chop the carrots, shallot and garlic.
3. Heat 2 tablespoons of oil in a saucepan and add the squash, carrots, shallot, garlic, thyme, bay leaf and sage and cook for five minutes. Season with salt and pepper.
4. Add the stock and simmer until the vegetables have softened, about 10 minutes.
5. Blend the soup with a hand blender or in a food processor until smooth.
6. Poach the egg yolks in simmering water.
7. For the persillade, finely chop all the ingredients and mix with 1 tablespoon of olive oil.
8. Serve by placing the poached egg yolks in a large, flat dish. Spoon the persillade over the eggs and then cover with the grated cheese. Pour the soup around the eggs and enjoy with some crusty bread.



All the main ingredients can be bought on Bury St Edmunds market, you could even add some fresh crusty bread to accompany this tasty soup.



A special part of the atmosphere of the Christmas Fayre, full markets will be taking place from 8am to 4pm on

- Friday 23 November
- Saturday 24 November
- Sunday 25 November

BURY ST EDMUNDS
Christmas
2012 *fayre*

Regular street markets will be held on Wednesdays and Saturdays throughout November and December, with special seasonal produce to get you in the mood for Christmas.

A select range of market stalls will also operate in the pedestrian only part of the Buttermarket, on Sundays 2, 9, 16 and 23 December.

The traditional Christmas Eve market will be held from 8am to 3pm on Monday 24 December.

The usual markets resume on Saturday 29 December.

Bury St
Edmunds
market