

Brie Cheese Soup

York Harbor Inn - York Harbor, ME
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 1 1/2 quarts

1/4 cup butter
1/4 cup flour
6 cups chicken stock (preferably
homemade)
12 ounces Brie cheese, room
temperature with rind removed
6 tablespoons white wine
1/4 cup julienne-cut carrots
1/4 cup julienne-cut celery
1/4 cup mushrooms, thinly sliced
1/4 cup heavy cream
salt (to taste)
freshly ground pepper (to taste)
fresh chived or green onions (for
garnish), chopped

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In a heavy saucepan over low heat, melt the butter. Add the flour and mix well. Cook until the mixture just starts to turn golden. Add the stock and whisk vigorously.

Bring to a boil and reduce to a simmer. Skim the butter and flour and other impurities that rise to the surface. Continue to simmer until the sauce is reduced by one-third and has the consistency of heavy cream. Strain the sauce through a fine sieve.

Cut the Brie into small chunks. Return the sauce to the saucepan and add the Brie. Cook slowly, stirring occasionally, until the cheese has melted. Add the wine and vegetables. Simmer lightly until the vegetables are al dente.

Heat the cream in a small pan and add it to the soup. Season the soup with salt and pepper.

Serve immediately, garnished with chives or green onions.

The flavor of this soup can vary depending on the degree of ripeness of the cheese. Ripening can be encouraged by allowing the Brie to sit at room temperature for three to nine hours, depending on personal preference.

Per Serving (excluding unknown items): 790 Calories; 68g Fat (82.6% calories from fat); 5g Protein; 27g Carbohydrate; 1g Dietary Fiber; 206mg Cholesterol; 496mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 13 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	790	Vitamin B6 (mg):	trace
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% Calories from Fat:	82.6%
% Calories from Carbohydrates:	14.5%
% Calories from Protein:	2.9%
Total Fat (g):	68g
Saturated Fat (g):	42g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	206mg
Carbohydrate (g):	27g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	496mg
Potassium (mg):	229mg
Calcium (mg):	66mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	2609IU
Vitamin A (r.e.):	679 1/2RE

Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	16mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	60
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	13 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	790	Calories from Fat: 653
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% Daily Values*

Total Fat	68g	105%
Saturated Fat	42g	212%
Cholesterol	206mg	69%
Sodium	496mg	21%
Total Carbohydrates	27g	9%
Dietary Fiber	1g	4%
Protein	5g	
Vitamin A		52%
Vitamin C		2%
Calcium		7%
Iron		11%

* Percent Daily Values are based on a 2000 calorie diet.