

## **Broccoli Soup Recipe. Serves 8.**

Broccolini, broccollette or baby broccoli is derived from a cross between broccoli and the Chinese kale. Broccolini has a milder, sweeter taste than broccoli and features thin, tender stalks that can be cooked whole without peeling. Broccolini is dense with nutrients. Broccolini or broccoli soup can be served warm or chilled as is with a drizzle of olive oil. The soup can be stored for up to 5 days in the refrigerator. Blend right before serving.

### **Cooking**

1.5 lb. (600g) broccolini or broccoli, washed and ends cut off (use florets only if choosing broccoli and save stalks for stock).

3.5 qt (3.2L) water

1 tsp (4g) salt

### **Sautéing**

1 Tbsp (15ml) olive oil

1.6 ounce (50g) leek (white part only), washed and chopped

1 small shallot (30g), chopped

1 small garlic clove, crushed

1 small sprig fresh thyme

1 bay leaf

### **Blending**

Cooked broccolini or broccoli

3 cups (750ml) broccolini stock

A few leaves fresh Italian parsley

1 small pinch nutmeg

2 Tbsp (30g) unsalted butter, chilled (add more if desired)

Salt & pepper to taste

### **Method**

In a large pot, bring water to boil and add salt. Cook broccolini or broccoli for about 6 minutes; covered. Save the stock. Meanwhile, in a hot pan add olive oil and sauté leek, shallot, garlic and herbs. Reduce heat to low and let cook slowly for about 8 minutes without browning. Turn heat off. Discard thyme and bay leaf. Transfer cooked broccolini to a blender and add the leek mixture along with parsley, nutmeg and 3 cups of hot stock and purée until completely smooth. Adjust seasoning and add butter and blend again. Strain through a fine mesh sieve and serve as is with a drizzle of olive oil or add some garnishing if desired.

### **Garnishing Options**

Broccoli soup can be garnished with many things such as crispy bacon, whipped cream or mascarpone or sour cream or a drizzle of heavy cream, toasted pine nuts, drops of olive oil, fleur de sel and ground pepper. Or, a toasted brioche or pain de mie topped with a spoon of melting brie or camembert cheese, toasted hazelnuts, lime zest, fleur de sel and ground pepper. Or, a couple of slice of goat cheese, walnuts, drops of olive oil, salt and pepper etc...

