Cream of Broccoli Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

4 oz AP flour
3 oz clarified butter
2 qts chicken stock
2 Tblsp kosher salt
4 oz diced onion, small
2 oz celery, peeled and chopped, small
2 oz parsnips or carrots, peeled and chopped, small
2 oz leeks, cleaned and sliced, small
2 lbs broccoli, stems peeled and chopped, flowers cut small(2:1 ratio of flowers to stems)
1 cup broccoli, blanched, shocked, drained, and reserved for garnish
1 cup heavy cream

salt as needed

Instructions

1. make a blonde roux with 3oz. clarified butter & 4oz. flour
2. when roux reaches blonde stage (smells nutty) add 2 qts of chicken stock to make a veloute sauce for soup base.

3. bring veloute to a full boil and add 2 Tblsp. kosher salt. reduce heat to a simmer.
4. while soup is simmering, prep mirepoix. when mirepoix is prepped, sweat the vegetables in a large saute pan until they are soft and translucent. **Don't carmelize** Immediately add vegetables to simmering veloute. While soup

base is cooking, prep the broccoli.

5. blanch 2 lbs of prepped broccoli in boiling salted water for 90 seconds. (water should taste like ocean water)

6. shock broccoli in an ice water bath. *do not leave in ice water for more than 2 minutes* Add immediately to soup base.

7. blanch 1 cup of broccoli flowers in boiling water. shock and reserve for garnish
8. when vegetables in soup base are fork tender, remove soup from heat and strain vegetables from soup base.
9. puree vegetables with some hot chicken stock in a blender for 3-4 minutes or until smooth and color is light pastel green.
10. add puree to soup base and bring back to a simmer. No longer than 5 minutes
11. add heavy cream and broccoli garnish. simmer no more than 2 minutes
12. adjust seasoning with salt.

Consistency can be adjusted with hot chicken stock