

Peter's Broccoli Soup

Best if eaten hot, but always good cold as well.

INGREDIENTS:

1 bunch of broccoli, head, stems, leaves
2 quarts of vegetable broth
1 onion
5 garlic cloves (may be reduced)
1 bay leaf
2 tsp Olive oil
1 pat Butter
2 tbsp White balsamic vinegar
Salt and pepper to taste

1. Clean and trim the broccoli, retaining the leaves. Wash everything thoroughly, the cut off the stem. Dice it with the outer skin on and set aside. Dice the leaves into small bits.
2. Add two tsp of olive oil to a pot and heat slowly, adding diced onion to the pot when you can.
3. Meanwhile skin the garlic cloves and cut each clove into quarters. When onions are beginning to cook add the twenty (20) garlic chunks and stir in.
4. Add the diced broccoli stem and stir in; increase the heat to a midpoint and when the broccoli begins to brown add one quart of the vegetable stock, the bay leaf and any fresh herbs you may want to include for their special flavors (I favor fresh rosemary at this point on the stem). Bring to a boil. Boil for eleven (11) minutes, then remove from heat.
5. While the stems are cooking dice the heads of broccoli, retaining two or three good sized one for later use.
6. Allow the broth and broccoli and onions and garlic to cool slightly. Remove the bay leaf and any herbs on stems. Using an immersion blender create a fine, but thick, stock . Return to the heat and add the second quart of vegetable stock. Then add in two tbsp. of vinegar. Bring to a boil and then add in the broccoli bits. Cook for eight (8) minutes. Remove from heat, allow to cool for a minute and then blend everything in again with immersion blender.
7. Shave the remaining broccoli heads to allow the florets to provide a pretty polka-dot look. Chop the remaining pieces into small bits and add them in. Add butter and return to the heat for two minutes, flavoring with salt and pepper to taste.
8. Serve hot or refrigerate and serve later very cold (you can add a dollop of plain yogurt or sour cream too).

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