

Cream Of Broccoli Soup Yield. 6 to 8 servings

Good cool in summer; hot in winter

Original Recipe from Applehood and Motherpie

1½ pounds broccoli
1 quart chicken stock or broth
¼ pound margarine
½ medium onion, chopped
1 bay leaf
¾ teaspoon salt
¾ teaspoon white pepper
1/4 teaspoon onion salt
¼ teaspoon garlic salt
pinch of basil, sage and thyme
dash of Tobasco
2 cups milk
½ cup heavy cream
1 cup buttermilk
7 tablespoons flour
3 tablespoons sour cream
¼ pound melted butter

1. Chop broccoli in a food processor or by hand.
2. In a large pot, bring stock to a boil. Add broccoli and simmer until almost done.
3. Saute onions in 2 tablespoons of the margarine. Add onions and seasonings to stock. Simmer until vegetables are tender.
4. Warm milk, cream, and buttermilk.
5. Melt remaining 6 tablespoons of margarine, in a large saucepan, over low heat. Add flour and whisk constantly for 1 to 2 minutes. Add warmed liquids and stir until mixture is thickened.
6. Gradually add thickened liquids to stock and stir. Soup should be very hot, but not boiling. Remove bay leaf.
7. Turn off heat and stir in sour cream and butter. Serve or refrigerate overnight and serve cold.

Laurie's adaptation of recipe

1½ pounds broccoli
1 quart chicken stock or broth
¼ lb margarine
½ medium onion, chopped
3 stalks celery, chopped
1 bay leaf
¾ teaspoon salt
¾ teaspoon white pepper
1/4 teaspoon onion salt
¼ teaspoon garlic salt
pinch of basil, sage and thyme
dash of Tobasco
1 qt half and half
2 TBSP white vinegar
7 tablespoons flour
1 lb sharp cheddar cheese (can use low fat, but it does not melt well)

1. Chop broccoli in a food processor or by hand.
2. In a large pot, bring stock to a boil. Add broccoli and simmer until almost done.
3. Combine celery and onions in microwave dish, add 2 tablespoons of the margarine. Cook 10 minutes on high. Add to broccoli and simmer until vegetables are tender (broccoli should be bright green).
4. Add vinegar to 1 pint of half and half, let sit for a few minutes
5. Warm both pints (I heat for 1 minute in microwave)
6. Melt remaining 6 tablespoons of margarine, in a large saucepan, over low heat. Add flour and whisk constantly until thick. Add warmed liquids and stir until mixture is thickened.
7. Gradually add thickened liquids to stock and stir. Soup should be very hot, but not boiling. Remove bay leaf.
8. Turn off heat. Add cheddar cheese. Serve or refrigerate overnight and serve cold or warm.