

Cream of Broccoli Soup

2 pounds broccoli	1 bay leaf
1 small onion	2 teaspoons cornstarch
½ small green bell pepper	2 tablespoons cold water
1 small rib celery with greens	2 egg yolks, beaten
1 sprig parsley	1 cup heavy cream
2 tablespoons butter	Nutmeg
6 cups chicken or vegetable stock	

In a food processor, chop broccoli, onion, bell pepper, celery and parsley very fine. In large saucepan, melt butter, and sauté the chopped vegetable mixture lightly for a few minutes. Add stock and bay leaf. Bring to boiling; cover and let simmer about 30 minutes until broccoli is cooked. Remove and discard bay leaf.

Puree mixture until smooth. If desired, force through sieve to remove any remaining bits of vegetable or strands of fiber. Return soup to low heat.

Combine cornstarch and cold water, and stir mixture into soup. In separate bowl, combine egg yolks and cream, and temper by gradually whisking in ½ cup of hot soup. Slowly stir warmed egg-and-cream mixture back into soup. Continue stirring over low heat until soup is slightly thickened and reheated. Do not boil. Serve warm or chilled, garnished with a light sprinkling of fresh grated nutmeg. Makes six servings.

Cream of Broccoli Soup

1 bunch broccoli	13 ounce can evaporated milk
2 teaspoons salt	1 cup water
3 cups boiling water	1½ teaspoons salt
2 tablespoons butter	1 teaspoon grated onion
3 tablespoons flour	

Place broccoli, heads down, in 2 quarts cold water to which 2 teaspoons salt has been added. Soak ½ hour. Drain and wash broccoli in fresh cold water; drain. Strip off small stem leaves and outer fibrous peel of the stalks. Cut into ½" pieces. Put into saucepan; add boiling water and cook 10 to 12 minutes at a rapid rate, uncovered. When tender, crush with potato masher. There should be 2½ cups mashed broccoli and cooking water.

In another saucepan, heat butter; blend in flour and add evaporated milk and the 1 cup of water, stirring until sauce boils and thickens. Then add salt, onion and crushed broccoli. Reheat to boiling and serve piping hot.

Note: Three cups milk can be used in place of evaporated milk and water. Also, evaporated skimmed milk can be used.