



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Broccoli**

Broccoli Soup

Ingredients:

2 heads broccoli, cut into florets
1 tablespoon butter
6 garlic cloves, sliced
4 shallots, sliced
1 leek, sliced
10 sprigs of fresh thyme, stems removed
1 small onion, large dice
8 cups vegetable broth
1 bay leaf
2 Tbs oil
Salt and fresh cracked pepper
Heavy Cream (optional)

Directions:

Heat oil in a medium-size stock pot over medium heat. Sauté the garlic, shallots, leeks, onion and thyme leaves in oil. Lower heat slightly. Add the butter, sauté the vegetables until fragrant.

Pour in the chicken stock and bay leaf. Simmer for about 20 minutes.

While waiting, blanch the broccoli florets in a pot of boiling water over medium heat until bright green and tender. Remove the florets from the hot water and "shock" in a bowl of iced water.

When the soup is ready, add the broccoli. Take a submersion blender and puree the soup until smooth. Sprinkle with salt and cracked pepper.