



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Broccoli**

### Chilled Broccoli Soup

**Ingredients:**

1 head of broccoli, cut into florets  
3 cloves of garlic, roughly chopped  
3 garlic cloves, whole  
1 small onion, roughly chopped  
2 carrots, roughly chopped  
1 leek, roughly chopped  
2 ribs celery, roughly chopped  
2 tsp ground cumin  
salt  
½ tsp white pepper  
2 Tbs olive oil  
1-quart water  
1-quart vegetable broth, keep chilled  
Small bunch mint tied in twine(4-5 sprigs)  
pinch of cayenne  
1 lemon, quartered  
Ice bath

**Directions:**

Fill a 2-quart pot with 1 quart of water. Add the 3 whole garlic cloves and a teaspoon of salt. Bring to a low boil for 5 minutes. Lower the heat to medium. Add the broccoli. Cook until tender then transfer the broccoli to the ice bath. (Save the hot broccoli water but discard the garlic cloves) Strain the broccoli from the ice bath and set aside.

Heat the olive oil in a 4-quart pot over medium heat. Add the onion, carrot, celery, and leek, sautéing until the vegetables are tender. Add your minced garlic, cumin, white pepper, and a heavy pinch of salt, sautéing until garlic is fragrant. Slowly add a cup of broccoli water stirring to scrape up all the brown bits at the bottom of the pot. Cook for about 5 minutes. Add the remainder of the broccoli water and mint. Let the vegetables simmer for 15-20 minutes. Allow the soup to cool then discard the mint. Transfer the broccoli back into the pot.

Using a submersion blender, blend the soup until smooth, adding a little vegetable broth at a time to thin out the soup to your preferred consistency.

Chill the soup completely and serve with lemon wedges.