

Cream of Broccoli Soup  
"Gourmet Magazine," December 1993

Yield: about 4 cups, serving 2

Time: approximately 45 minutes

**Ingredients**

$\frac{3}{4}$  cup chopped onion

1 carrot, sliced thin

2 teaspoons mustard seeds

2 tablespoons unsalted butter

$\frac{3}{4}$  pound broccoli, chopped coarse (about 3-1/2 cups)

2 cups chicken broth

1 cup water

1-1/2 teaspoons fresh lemon juice, or to taste

$\frac{1}{4}$  cups sour cream

In a heavy saucepan, cook the onion, the carrot, the mustard seeds and salt and pepper to taste in the butter over moderate heat, stirring, until the onion is soft, add the broccoli, the stock and the water and simmer the mixture covered, for 15 to 20 minutes, or until the broccoli tender. In a blender puree the soup in batches until it is smooth, transferring it as it is pureed to another heavy saucepan. Whisk in lemon juice and salt and pepper to taste, heat the soup over moderately low heat, and whisk in the sour cream (do not let soup boil).

Donna's Notes:

- This soup was delicious. I used a combination of homemade chicken stock and box stock along with the water. The next time I'll use all chicken stock for greater depth of flavor.
- If I don't have homemade stock on hand, I prefer box stock over broth based on its sodium content and ingredients.
- As I didn't have any sour cream on hand, I added a  $\frac{1}{4}$  of heavy cream.