



Chilled Broccoli Apple & Ginger Soup

Camine Pappas / June 2018/ Serves 4

Refreshing alternative to start a meal! Be sure and use crisp and sweet fuji apples

INGREDIENTS:

6 C broccoli tops cut into large chunks (can include part of the stalk and not just the dark green flowers)
2 small fuji apples peeled cut into chunks
1 T fresh ginger chopped finely
1/3 small white sweet onion cut into chunks
¼ C chopped fresh flat leaf parsley, divided
¼ t coriander powder
¼ t ground allspice
1 t kosher salt, ½ t cracked black pepper
3 C vegetable stock, unsalted (I make my own!)
3 T heavy cream
2 T apple cider vinegar
2 t lemon juice
Slices of apple to garnish

METHOD:

In a large stock pot cover the broccoli, onion, apple, ginger, coriander powder, salt and pepper with water so they float. Let boil until soft, about 15 minutes. Drain off water, place ingredients in a blender with about half the chopped parsley. Pour in about 1 C of the stock and puree. It should be very thick. Add about 1 C more and puree again. When it is the consistency of a melted slushy, taste. If you want it thinner add more stock and puree again. When done, add some of the cider vinegar and lemon juice to bring out tart and sweet notes. And salt and pepper if needed. *NOTE: As it chills it will taste saltier so do NOT over salt. Then blend in the cream. Cover, chill for at least 3 hours. Serve with a garnish of some parsley and a couple of slices of apple.*



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