



Andy's Broccoli Cheese Soup Recipe

Ingredients:

- about 1 lb broccoli
- ¼ cup butter
- ½ cup finely diced shallots or onions
- ¼ cup flour
- 3 cups hot milk
- 1 cup 18% cream
- ground nutmeg (optional)
- salt, pepper
- 3 cups grated cheese (Emmentaler or old cheddar)

Instructions:

1. Prepare the broccoli by cutting off the stems. Peel the stems and dice. Coarsely chop the broccoli heads.
2. Melt butter in a large saucepan. Add the shallots or onions and cook until translucent.
3. Stir in flour and continue cooking for a few minutes until golden (but not browned!)
4. Stir in the hot milk, stirring continually so that no lumps form. Add the cream.
5. Add the broccoli stems and heads. Season with a pinch of nutmeg and some pepper.
6. Bring to a boil, reduce heat and cover. Gently simmer for about 20 - 30 minutes or until the broccoli is tender. Stir occasionally to make sure the soup doesn't settle on the bottom and burn.
7. Use an immersion blender to puree the soup if you wish.
8. Add the cheese and stir until it has melted and the soup is well mixed.
9. Season with salt, pepper, and additional nutmeg if desired.
10. Serve, sprinkled with additional grated cheese if desired.
11. Makes about 4 - 6 servings.