

## **Broccoli and Apple Soup**

1 bunch broccoli

3 Tbsp butter

1 small onion, thinly sliced

1 apple, peeled, cored, and roughly diced

4 cups chicken stock

4 Tbsp crème fraiche or sour cream (optional)

2 Tbsp minced chives or parsley

Salt/freshly ground pepper

1. Trim 2 inches from the broccoli stalks and peel the outer skin with a vegetable peeler. Cut the broccoli into small dice.
2. Melt the butter in a 4 quart saucepan. Add the onion and apple, cover, and cook over low heat for 10 minutes.
3. Add the broccoli and stock, 1 tsp salt and ½ tsp pepper. Bring to a boil and simmer, covered, over medium heat, for 30 minutes.
4. Remove the soup from the heat. Transfer 1/3 of the soup to a blender or food processor and blend thoroughly, or until smooth. Repeat in two more batches. With a large spoon, push the soup through a sieve into a clean saucepan and discard any large pieces which remain in the sieve. Reheat the soup, stirring constantly. Taste for seasoning and adjust, if necessary.

**Presentation:** Portion out the soup into warmed soup plates or bowls and serve as is or garnished with a spoonful of crème fraiche or sour cream in the center. Sprinkle the crème fraiche with minced chives or parsley.