

A recipe from

DAD'S COOKBOOK



Rating:

Broccoli Gruyere Soup

Emeril Lagasse, 2000

I have it on good authority that broccoli is good for you; my mom has said so all my life. But if you have to eat it, try it this way...

*3 Tbsp olive oil
1 cup onion, chopped
½ cup carrots, cut in rounds
½ cup celery, chopped
salt and cayenne pepper
3 cup broccoli florets*

*2 qt water
freshly ground black pepper
1 cup heavy cream
2 cup (8 oz) Gruyere cheese, grated
Essence seasoning*

Place a large saucepan over medium heat; add olive oil. When oil is hot, add onions, carrots and celery. Season with salt and cayenne, then sauté for 5 minutes, or until onions and celery begin to soften. Add broccoli and sauté for 3 minutes. Add water and season with salt and black pepper. Bring soup to a boil, reduce heat and cover. Simmer for 30 minutes, or until vegetables are tender. Remove pot cover and add cream; simmer another 10 minutes. With a hand blender, purée the soup. Add $\frac{3}{4}$ of the cheese to the soup and stir until cheese melts. Check for seasoning. Ladle soup into bowls and garnish with a little of the remaining cheese and some Essence. Serve with a crusty bread.

Yield: Six servings

Preparation time: 10 minutes

Cooking time: 45 minutes

