

BROCCOLI ALMOND SOUP

Preparation time: 15 minutes

Cooking time: 20 minutes

Makes 4 servings

INGREDIENTS

½ cup broccoli stalks

1 ½ cup broccoli florets

¼ cup onion

1 tsp finely chopped celery

1 tsp finely chopped garlic (Optional)

½ tsp corn flour – dissolved in 1 cup milk, salt and freshly ground black pepper to taste

½ cup almonds – blanched and make a coarse paste

Garnish with cream and 1 tsp almond slivers.

METHOD

1. Combine broccoli stalks with 2 cups of water in a pan. Cook on a flame for 5 minutes.
2. Add broccoli florets, onions, celery, and garlic, mix well – simmer for 8 to 10 minutes
3. Remove and keep aside to cool.
4. Blend in a mixer till smooth.
5. Transfer to a pan, add almond paste, milk, corn flour, salt, pepper. Mix well, simmer for 2 to 3 minutes.
6. Serve hot. Garnish with cream and almond slivers.