

Farm



Fresh

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Available Now... Broccoli

According to aboutproduce.com, good quality broccoli should have fresh-looking, light green stalks of consistent thickness. Bud clusters should be compact and dark green with some purple tinge. Broccoli is low in fat and sodium, high in vitamin C and folate, and a good source of fiber, potassium and vitamin A. Look for Colorado broccoli at your local grocery store, farmers' market or at restaurants across the state.

Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit www.coloradoagriculture.com for a complete list of recipes.

Colorado Broccoli Soup

Colorado Chef Terry Ballowe, C.E.C., Bullwhacker's Casino

1 5/8 lb.	Broccoli stalk	□	□	1/4 lb.	Monterey jack cheese, shredded	□	1/16 cup	Cornstarch
1/4 lb.	Pancetta	□	□	1/4 lb.	Cheddar cheese, shredded	□	1/8 tbsp.	White pepper
1/4 cup	Onion, minced	□	□	1/4 lb.	Butter, unsalted	□	1/8 gallon	Milk, 2% low fat
1/4 cup	Carrot, minced	□	□	1/16 qt.	Butter or margarine, melted	□	1/8 gallon	Heavy whipping cream
1/3 cup	Celery stalk, finely chopped	□	1/3 cup	All-purpose flour	□	□		Fresh oregano
1/16 cup	Water	□	□	1	Clove			

Wash and cut the bottom off the celery stalk and set aside. Puree the celery including the leaves. Use water to help the pureeing process. Set celery puree aside. Puree the carrots and onions and set aside. Heat the milk and cream in a pot until the temperature reaches 160 degrees. During the heating process take the celery bottom and push the whole clove into the stalk piece and add to the milk and cream mixture. If you break the cloves unopened flower bud be sure to retain all that breaks off and put into the pot. Use a medium to medium-high heat and stir every 10 minutes to avoid scorching. When the cream is about 100 degrees the clove should be soft enough to open so using on spoon or ladle to hold the stalk bottom use another to lightly tap the clove buds and this should crack them open, put the stalk back in the pot and stir.

Wash the broccoli stalks and cut the stem off leaving the florets of the broccoli. Trim and discard the bottom of the stem then cut stems into large diced pieces 1/2 inch cubed. These can go into a pot of boiling water and boil for about 30 minutes or until soft. About 20 minutes into the boiling time add half of the florets to the stalks. Once the broccoli is finished leave in water on low heat and continue to simmer.

In another pot bring more water to boil and as soon as it boils add the rest of the broccoli florets and turn off. Leave the broccoli in the water for about 5-8 minutes then strain and put ice on them and refrigerate. In another pot add the butter and melt until it starts to turn and separate. While you are waiting for the milk cream and the butter to come to temperature take the Pancetta and cut it into small diced cubes about 1/4 inch on each side. Once the butter is ready add the diced Pancetta and saute this for 8-10 minutes on medium-high. Then add all the pureed onions and carrots saute this for an additional 8-10 minutes on medium-high. You must make sure you stir ever 3-4 minutes. Add the broccoli stalks and florets to the celery, onion, carrot, butter and Pancetta. The water can get strained in to the milk and cream pot. Let the broccoli saute in the pot for about 4 minutes, you will need to stir every minute. Turn the heat down to medium and continue to stir for 5 minutes.

Add the milk and cream mixture once it has reached 160 Degrees. Add half of the mixture then stir in the cheese mix, and add the rest of the milk and cream mixture. Stir every 2-3 minutes till the cheese is fully melted. Whisk the melted butter and flour together and it will form a paste that will then be added to the soup and you will need to whisk this into the soup for at least 2-3 minutes to make sure that the mixture is fully incorporated into the soup. Taste the soup before you add the white pepper. Add the pepper and taste again. If the soup is not to your liking for thickness you can use cornstarch and water to thicken it, this should be mixed well before adding to the soup. This prevents the cornstarch from making the soup lumpy. Remove the broccoli from the refrigerator and put around the soup bowl on a plate and garnish with fresh oregano.

Enjoy with a Colorado wine, such as a glass of Fume Blanc from Garfield Estates Vineyard & Winery, located in Palisade, Colorado.