Broccolini and Fennel Soup

Show:Jan 9th

Ingredients:Makes 6 cups

2 Tbls Oil, cooking
1 Onion, medium to large, diced
1 lbs Potatoes, russets, peeled and cut into 1 inch cubes
5 cups Chicken Stock
1 bunch Broccolini, woody stems cut off, cut into 1 inch pieces
1 lg head Fennel, sliced
4 tsp Salt, Kosher
1 cup Spinach
1/4 tsp Nutmeg
Freshly ground black pepper to taste

Optionally:

A splash of pernod or anisette just prior to serving.

Procedure:

In a large saucepan, heat 2 Tbls cooking oil over medium heat. Stir in 1 diced onion and 1 sliced fennel stirring occasionally, for 5-7 minutes, until wilted and translucent.

Stir in 1 lbs diced russet potatoes and 5 cups chicken stock. Bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes. Stir in 1 bunch broccolini. Cover and simmer until the potatoes, broccolini and fennel are tender, about 10 minutes.

Strain the soup and reserve the liquid.

In a food processor or blender, puree the vegetables, adding 1 cup of raw, washed spinach leaves with a little of the reserved liquid. Whisk the puree into the remaining liquid and return to the saucepan; or pass everything through the medium disc of a ricer into the saucepan. Stir in

salt and pepper to taste adding 1/4 tsp nutmeg; and reheat. Garnish with a couple of the Broccolini florets.

To make this a “cream-of soup” add 1 cup of warmed cream to the saucepan before running it through the ricer.

Garnish with crème Fraiche and chopped chives. And maybe a splash of pernod or anisette prior to serving.

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