Twitter Thread by Jennifer Mercieca



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First broccoli cheese soup of the new year. I've made a pot almost every week since the pandemic started. Maximum comfort food.

I don't follow a recipe, I'll try to recreate what I do here.

3 heads of broccoli
1 onion
1 box container of chicken stock
1 cup of milk
2 tbls flour
block of sharp cheddar
salt/pepper/tsp mustard powder

Chunk up the cheddar and whiz it in the food processor. You want it to be little bits that will melt fast. I've tried using pre-shredded, but I think they put something in it to prevent caking and it makes a grainy cheese sauce.

Chunk up one of the broccoli heads and whiz it up.

Rough chop the remaining broccoli into bite size pieces.

Chop up the onion.

Prep the ingredients for the cheese sauce (two tablespoons flour, salt & pepper, mustard powder) in a little bowl so you can dump them in when needed.

OK, you want everything prepped ahead of time because the timing here is a little tricky (for me).

Sauté the onion in olive oil in a large pot. Once it's softened add your whizzed up broccoli (I like it to get a little toasted, I think it adds a nice flavor).

At the same time: heat up 2 tbls of olive oil to make the cheese sauce. Once it's hot add your flour mix & stir, stir, stir. Let the flour cook for a minute or two.

Check your broccoli, it's probably getting burned. Add the chicken stock! Scrape the brown bits from the bottom.

You gotta add the milk to the flour and whisk/stir until smooth. Let it cook until it bubbles & thickens, then add the cheese. Stir until the cheese is melted in.

Add the cheese sauce to the broccoli pot and simmer for 15-20. Adjust seasoning to taste.

If the soup is too thick, add more milk or buttermilk or cream--whatever you have.

Can add sour cream. Spice with cayenne. Add bell peppers. Whatever you like.

Oh, and of course you can sub vegetable stock for chicken stock and butter for olive oil--or whatever you prefer for the oil.

Also, that cheese sauce is how you make homemade mac & cheese too. ■

I am now a broccoli cheese soup influencer. ■