
Broccoli Watercress Cheddar Cheese Soup

*Chef Manolo Cancho - Beach Cafe and Bar - Siesta Key, FL
Sarasota's Chef Du Jour - 1992*

1/2 head broccoli
1 bunch watercress, stems removed
5 cups chicken stock
5 tablespoons butter
4 tablespoons flour
1 cup milk
2 cups heavy cream
1 pound Cheddar cheese
salt
pepper
1/4 cup sherry

Peel the stems of the broccoli and chop coarsely.

Break the top into one-inch flowerets.

Place the broccoli and watercress into a soup pot with three cups of the chicken stock.

Bring to a boil. Lower the heat and simmer for 5 minutes.

In a small saucepan, melt the butter over medium heat. Stir in the flour and cook for 2 minutes, stirring constantly, taking caution not to brown.

Gradually add the milk and cream. Bring to a gentle boil.

Lower the heat and simmer for 5 minutes.

Add the cream sauce to the broccoli. Add the remaining two cups of chicken stock. Bring to a boil. Lower the heat.

Add the Cheddar cheese and stir occasionally as the cheese melts.

Add salt and pepper to taste and the sherry.

Serve hot.

Yield: 6 to 8 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 4522 Calories; 395g Fat (79.5% calories from fat); 149g Protein; 80g Carbohydrate; 11g Dietary Fiber; 1317mg Cholesterol; 14537mg Sodium. Exchanges: 1 1/2 Grain(Starch); 16 Lean Meat; 3 Vegetable; 2 1/2 Non-Fat Milk; 68 Fat.