MILZ GEMÜSEBAU 😣 🏵 🏵

Milz family recipe: cream of broccoli soup with fried prawns and croutons

For four people:

50 g shallots, 30 g butter, 300 g broccoli, 400 ml stock, 300 ml cream, 50 g sour cream, a pinch of salt, a little nutmeg, four prawns, three slices of toast, one shallot, one clove of garlic and two tbsp butter.

Wash the broccoli and cut the florets from the stalk. Peel the shallots, chop finely and fry in butter until they turn a golden yellow. Add the broccoli and stock. Simmer for about 15 minutes until soft.

Add the cream and sour cream, bring to the boil and then puree in mixer. Season with salt and nutmeg. Cut the toast into evenly sized cubes and fry in a pan with the butter, garlic and shallot until they are golden yellow in colour. Pat dry with kitchen towel and season with salt.

If necessary, clean the prawns and remove the vein. Fry in a pan with a little oil. Season with salt & pepper.

Serve the soup and prawns in bowls and scatter with the croutons.

Bon appétit!



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