Broccoli and Apple Soup Sippers with Rye Toasts

About 1.9 L soup divided into 12 small servings, about 160 ml each, plus 24 rye-toast triangles | Active 30 min | Cook 40 min | Total 185 min (cold-transport preparation and hot service) | Cold-travel planning: 170 min; follow the stated cooling endpoint and finishing route.

Ingredients

- 1 tbsp plus 1 tsp (20 g) unsalted butter for soup
- 1 medium onion, finely diced, 100 g prepared weight
- 1 firm apple, peeled, cored and diced, 200 g prepared weight
- 1 medium potato, peeled and diced, 200 g prepared weight
- 1 1/4 lb (550 g) fresh broccoli, small florets and peeled tender stem dice
- 3 3/4 cups (900 ml) low-sodium vegetable stock
- 1 cup plus 2 tsp (250 ml) milk
- 2 tsp (10 g) Dijon mustard
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- Up to 1/3 cup plus 1 tbsp plus 1 tsp (100 ml) potable water, only if needed after blending
- 6 rye bread slices, 6 1/3 oz/180 g total
- 2 tsp (10 g) unsalted butter, melted, for toasts

Set out

Oven, Baking sheet, Large 3 L saucepan, Stick blender suitable for hot liquids, or blender with safe venting instructions, Knife and peeler, Ladle, Twelve heat-safe cups, each at least 1 cup/250 ml, Stable tray, Food thermometer, Two shallow lidded soup containers and cooler with ice packs, Wire rack for cooling the dry toasts

Allergens

Milk, Wheat, Rye, Mustard. Check labels and substitutions.

Make it

1. Melt the 20 g butter in the saucepan. Cook onion over medium heat for 5 minutes. Add apple, potato and stock; bring to a simmer and cook 10 minutes. Add broccoli and simmer 10-12 minutes more until all vegetables are fully tender.

2. Meanwhile heat the oven to 375°F (190°C). Brush the rye slices with the 10 g melted butter. Cut each diagonally in both directions to make 4 triangles, 24 total. Bake on the sheet 8-12 minutes, turning once, until crisp. Cool on a rack and keep dry.

3. Remove soup from the heat and blend safely until smooth, following the blender’s hot-liquid instructions. Stir in milk, mustard, salt and pepper. Return to low heat and stir until the soup reaches at least 165°F (74°C), without a hard boil. Add only as much of the listed optional water as needed for a smooth pourable soup, then reheat to 165°F (74°C).

4. For the planned cold transport route, divide the soup into two shallow containers after a brief steam-release period. Refrigerate promptly until at 40°F (4°C) or below, allowing at least 90 minutes; do not leave the pot on the counter to cool fully. Reheat at the gathering to 165°F (74°C) as described below. For immediate service, continue while hot instead.

5. Divide all soup across twelve heat-safe cups, approximately 160 ml each, leaving generous headroom. Give each portion 2 rye triangles separately. Serve promptly or hold the soup at least 140°F (60°C), filling cups in small batches.

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Bring it

Carry chilled soup in two shallow leakproof containers in a cooler at 40°F (4°C) or below; dry toast goes in a separate box. Include the heat-safe cups, ladle and stable tray. A thermos is acceptable only if you verify the soup remains at least 140°F (60°C), not simply because the flask feels warm. During packing, travel and display, keep cold food at 40°F (4°C) or below and hot food at 140°F (60°C) or above. Allow no more than 2 hours combined outside those controls, or 1 hour above 90°F (32°C). Discard food beyond that limit.

Finish at the gathering

Confirm a stove and a 3 L saucepan, allowing about 12-18 minutes to reheat cold soup to 165°F (74°C), stirring. Hold at least 140°F (60°C), ladling only a few cups at a time. Without this or verified hot transport, do not offer a lukewarm soup station.

Make it yours

The small soup course fits a winter open house or a cool-weather anniversary. Let the rye triangles signal the savory direction, and keep the cups small enough to leave room for the rest of the buffet.

Ingredient labels

Check stock, bread and mustard labels for celery, soy, sesame or other additions.

A useful detail

Plan about 170 minutes to have the soup cold and packed for travel, then about 15-20 minutes at the gathering to reheat and portion; the displayed 185-minute finished-dish estimate is approximate and excludes the journey itself. Preparation includes chopping, sequential vegetable cooking, safe blending, dry-toast work and a 90-minute shallow-chilling allowance. Actual cooling can take longer: check 40°F (4°C) or below before packing, then reheat to 165°F (74°C) at the gathering. Immediate hot service omits chilling and requires verified hot holding.

Another way

Use 550 g frozen broccoli instead of fresh. Add it after the potato and apple are tender and follow the product’s full package cooking instructions before blending.

Replace mustard with 1 tsp (2 g) curry powder, stirring it into the onion for the last 30 seconds of its cooking stage. Check the spice blend’s allergens.

Keep it well

Cool in two shallow containers, refrigerating promptly at 40°F (4°C) or below within the combined party limit. Use within 3 days. Reheat soup to 165°F (74°C), stirring and checking several places. Keep dry toast separate for up to 1 day for quality. Respect the combined travel-and-display limit in “Bring it.”