

Bohnensuppe-mit Buttermilch

German Green Bean and Buttermilk Soup



You have heard of Buttermilk biscuits, or pancakes and buttermilk to dip chicken in for breading. But for soup?

It gives it a special tanginess that you don't get with milk.

Karin Reid sent me this recipe that her mother use to make.

She is from Hameln, Germany where the story of the Pied Piper of Hamlin came from. The story is celebrated in the summer on Sundays. The kids get dressed up in costumes and reenact the story for tourists.

She remembers being a rat for 3 years...:-)))



Ingredients:

3/4 lb (3 Cups) green beans stemmed and snapped in half.

1 lb (4 cups chopped) of Potatoes cooked and cut in chunks any type of potato.

1 cup Chicken Stock

2 cups Buttermilk

2 teasp fresh grated Ginger or

1 teasp. ground Ginger

2 tabbsp fresh Dill chopped, or 1 Tblsp dried Dill Weed (optional)

Hot sauce like Tobasco (if desired)

Salt and Pepper

For Garnish, Dill sprigs, Paprika, or even chopped Green Onions (not shown)



I am using a microplane here I think it is an excellent tool for grating things like ginger or parmesan. it is really sharp! It looks as if maybe I am going to get my knuckles but it isn't that hard to control.



I just turn it over and here is the nice grated ginger that is really **finely** grated. I just tap the microplane on the plate or into the pot and you are good to go.



I love fresh green beans and in the states we don't usually look at them as something you would make soup out of.

Cut them in small bite size chunks and simmer or microwave them till they are just done in a bit of salted water.

I then will rinse them under cold water to stop the cooking so they keep their color. This is often called "shocking " the food. It is done with all kinds of vegetables and pasta to par cook them and keep their texture and color.



Cook the potatoes in the chicken stock until they are soft. Here I have used unpeeled Yukon gold potatoes. You can use any kind of potato. A dark russet potato would need to be peeled before you cook it.



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Here is the silky smooth sauce that the potatoes make. It will make the soup creamy without any need for flour or oil to thicken it. The potatoes and chicken stock add a wonderful background flavor for the beans. You can use this technique for making any cream soup. It makes a great background flavor.



Add the pureed potatoes the buttermilk, the beans, and chopped fresh dill or dill weed and stir to blend. Now check the texture. You may want to add more buttermilk or water or to thin it so that it's the texture of cream. When you lift up the ladle it will just coat the bottom of it. The texture should not be like pudding.

Getting the texture of a sauce or soup was so important when I had my restaurant that I wouldn't let anyone else do it. Through a night of service I had to adjust the texture of the sauce or soup many times. Not too thick and not too thin. You can tell just by taking a spoonful and tasting. If it is too thick a little water is all it takes to thin it so it has that smooth texture.

Taste the soup now for salt and pepper. I give it a good shot of salt and pepper and even some Tabasco sauce or any red pepper sauce to give it some heat.



Here is the finished soup. I sprinkled some paprika on top to give it a bit of reddish color to the white and green. The dill sprigs give it some elevation and it is fun to nibble on. You can also top it with chopped green onions.