DUTCH

Dutch Vegetable Soup with Meatballs (Groentesoep met Balletjes)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**8**	**30 min**	**3 hr**	**Simmer**	**Shank**

Ingredients

- 1 kg (2¼ lb) bone-in beef shank
- 2.5 litres (10 cups) water
- 1 onion, halved
- 1 bay leaf
- 1 tbsp salt
- 6 black peppercorns
- 2 carrots, diced
- 1 leek, sliced
- ½ small celeriac (or 2 celery stalks), diced
- 150 g (1 cup) cauliflower florets
- 50 g (¼ cup) vermicelli, broken
- 2 tbsp chopped parsley or celery leaves

MEATBALLS

- 250 g (½ lb) ground beef
- 2 tbsp dry breadcrumbs
- 1 tbsp milk
- ½ tsp salt
- ¼ tsp ground nutmeg

Steps

1. Put the shank, water, halved onion, bay, salt and peppercorns in a large pot. Bring to a boil and skim the foam for 10 minutes.
2. Lower the heat and simmer partly covered for 2½ hours, until the broth is golden and the meat falls from the bone.
3. Meanwhile, mix the meatball ingredients and roll into marble-sized balls, about 30. Chill until needed.
4. Strain the broth into a clean pot. Pull the shank meat into small pieces and discard the bones and onion.
5. Bring the broth back to a simmer. Add the carrots, leek and celeriac and cook 10 minutes.
6. Add the cauliflower, meatballs and vermicelli and simmer 8 minutes, until the meatballs float and are cooked through.
7. Return the shank meat, taste for salt, and stir in the parsley.

Notes

- **Make ahead:** the broth keeps 3 days in the fridge or 3 months frozen.
- **Party soup:** Dutch birthday and holiday tables nearly always start with this soup.
- **Swaps:** any mix of root vegetables and greens from the market works.
- **Slow cooker:** use it for the broth only, low 8 hr. Cook the raw meatballs in the simmering broth on the stove until they reach 71°C (160°F).