

# 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.



## 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 tblsp 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.





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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.



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.



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.