

CREAMY CAULIFLOWER SOUP

EQUIPMENT

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| Saucepan | metric measuring jug |
| Chopping board | measuring scales |
| Knife | hand-held blender |
| Vegetable peeler | mixing bowl |
| Non-stick frying pan | |

INGREDIENTS

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|----------------------------------------|-------------------------------------------|
| 25g butter | 500ml milk |
| 1 brown onion, chopped | 125ml single pouring cream |
| 2 cloves garlic, crushed | sea salt and cracked white pepper |
| 3 sprigs thyme | <i>Parmesan cauliflower crumbs</i> |
| 1 bay leaf | 100g chopped cauliflower |
| 1.5kg cauliflower, chopped | 2 tablespoons olive oil |
| 500g Sebago potato, peeled and chopped | 20g finely grated parmesan |
| 750ml chicken stock | |

METHOD

1. Melt the butter in a large saucepan over low heat. Add the onion, garlic, thyme and bay leaf and cook for 5 – 8 minutes or until onion has softened
2. Add the cauliflower, potato, stock and milk, increase heat to medium and cook for 25 – 30 minutes or until cauliflower and potato is tender
3. Remove from the heat and, using a hand-held blender, blend until smooth. Stir through the cream, salt and pepper
4. While the soup is cooking, make the parmesan cauliflower crumbs
5. Place the cauliflower, oil and parmesan in a bowl and toss to combine. Heat a non-stick frying pan over high heat. Cook the cauliflower, stirring, for 2 minutes, or until golden and crisp
6. Top soup with cauliflower crumbs to serve

Serves 4