CREAMY CAULIFLOWER SOUP

EQUIPMENT

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

INGREDIENTS

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  Parmesan cauliflower crumbs
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