

Cauliflower Soup Recipe

Ingredients

For the Cauliflower:

- 1 medium head of cauliflower, florets separated
- 1 large red apple, peeled and sliced
- 1 teaspoon curry powder
- Olive oil
- Salt and pepper, to taste

For the Stock:

- 1 celery stalk with leaves, halved
- 1 carrot, washed and halved
- 1/4 of a bell pepper, seeded
- 1/4 of an onion
- 2 garlic cloves, peeled
- 1 serrano pepper, halved (optional)
- 2 bay leaves
- Water

For the Base:

- 2 thin or 1 thick scallion, chopped (white, light green, and dark green parts)
- 1-inch piece of ginger, peeled and sliced
- 1 teaspoon turmeric powder
- Olive oil
- 1 can (14 oz / 403 ml) coconut milk
- Finely chopped cilantro or parsley, for garnish

Instructions

1. Roast the Cauliflower and Apple:

- Preheat the oven to 400°F (200°C).
- In a large bowl, toss the cauliflower florets and apple slices with olive oil, curry powder, salt, and pepper until well coated.
- Spread the mixture in a single layer on a baking sheet or roasting pan.
- Roast in the oven for 20 to 25 minutes, or until the cauliflower and apple are golden brown with visible brown specks.

2. Prepare the Stock:

- In a large pot, combine the celery, carrot, bell pepper, onion, garlic, serrano pepper (if using), and bay leaves.
- Add enough water to cover the vegetables and bring to a simmer.
- Simmer for about 25 minutes.
- Remove the serrano pepper (if using) and set aside.

- Strain the stock and set it aside for later use.

3. Prepare the Soup Base:

- In the same pot, heat a little olive oil over medium heat.
- Add the chopped scallions and sliced ginger, sautéing for a couple of minutes until fragrant.
- Stir in the turmeric powder and cook for an additional 2 minutes.
- Add the roasted cauliflower and apple to the pot, ensuring to scrape any brown bits from the roasting pan into the pot.
- Pour in 3 cups of the prepared vegetable stock and the coconut milk. Stir well to combine.
- Return the serrano pepper to the pot (if using) and season the soup with salt to taste.
- Simmer the soup for about 20 minutes to allow the flavors to meld.

4. Blend and Serve:

- If desired, remove the serrano pepper and ginger before blending the soup until smooth and creamy.
- If the soup is too thick, thin it with additional stock or coconut milk.
- Garnish with finely chopped cilantro or parsley.
- Serve hot and enjoy!