



ROASTED CAULIFLOWER SOUP

by Tim Bone

SERVES: 4-6

INGREDIENTS

5 TBSP OLIVE OIL
1 WHOLE LARGE CAULIFLOWER, CUT INTO FLORETS
1 TSP GROUND CUMIN
1 TSP SMOKED PAPRIKA
1/4 TSP GROUND NUTMEG
2 BROWN ONIONS, DICED
1 WHOLE HEAD OF GARLIC
50G BUTTER
2 BAY LEAVES, DRY OR FRESH
6 SPRIGS OF FRESH THYME
1L CHICKEN OR VEGETABLE STOCK
150ML CREAM
50G CRUSHED TOASTED WALNUTS
CHIVES, FINELY DICED
SALT & PEPPER

METHOD

1. PREHEAT THE OVEN TO 220 ° C
2. IN A LARGE ROASTING DISH, ADD CAULIFLOWER, HEAD OF GARLIC, 4 TBLS OF OLIVE OIL, CUMIN, SMOKED PAPRIKA AND A GOOD PINCH OF SALT & PEPPER. TOSS TO COMBINE
3. ROAST IN THE OVEN FOR 30-35 MINS OR UNTIL THE CAULIFLOWER IS SOFT, BROWN AND ROASTED. REMOVE FROM THE OVEN. SET A FEW BITS OF CAULIFLOWER ASIDE FOR GARNISH
4. MEANWHILE, IN A LARGE POT AND OVER MEDIUM HEAT, ADD THE BUTTER AND REMAINING TABLESPOON OF OLIVE OIL. WHEN THE BUTTER HAS MELTED, ADD THE DICED ONION, BAY LEAVES AND THYME SPRIGS. COOK, STIRRING FOR 5 MINS UNTIL THE ONION IS SOFT
5. ADD THE CHICKEN STOCK AND BRING TO THE BOIL
6. ADD THE ROASTED CAULIFLOWER TO THE POT. SQUEEZE THE ROASTED GARLIC OUT OF THE SKIN, INTO THE POT. DISCARD THE SKIN
7. SIMMER SOUP FOR 5 MINS
8. REMOVE THE BAY LEAVES AND THYME SPRIGS. REMOVE FROM THE HEAT AND BLEND WITH STICK BLENDER UNTIL SMOOTH
9. ADD THE CREAM AND NUTMEG. RETURN TO THE HEAT AND WARM THE SOUP THROUGH, SEASONING TO TASTE
10. SERVE, GARNISHED WITH THE EXTRA ROASTED CAULIFLOWER, TOASTED WALNUTS AND CHOPPED CHIVES