

Cauliflower Soup

April 30, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF

I can't think of a more suitable dish to eat on a cold rainy spring day, other than my creamy roasted cauliflower soup. It's loaded with flavor, texture and feels like a big ole hug. Try my recipes and if there isn't cauliflower no worries, I can give you swap out ideas!

Here's what I used..

- 1 cauliflower head cut into florets –once roasted reserve a few for garish
- 1 can of chickpeas, rinsed and drained (optional) – once roasted reserve a few for garnish
- 4 garlic cloves
- ½ teaspoon of smoked paprika
- ½ teaspoon ground cumin
- 1 bay leaf
- 2 cups of heavy cream
- Salt and pepper to taste
- Extra virgin olive oil

Turn your oven to 425 degrees. On a sheet tray, spread out cauliflower, chickpeas and garlic. Drizzle olive oil over everything and sprinkle cumin, paprika, salt, pepper and or any spices you may have at home. Roast for about 20-25 minutes or until golden and crisp on top, tender in the center. Once roasted blend your ingredients until smooth, if thick add a little water to loosen. Transfer cauliflower puree into a small pot, add in bay leaf and heavy cream. The cream can be easily substituted with coconut cream, yogurt, stock, or even tofu (for tofu blend first). Let simmer for about 15 minutes on low heat. Taste for seasoning and adjust to your liking. Add any extra of your favorite spices and stir in.

Remove bay leaf and serve immediately. Garnish with reserved roasted pieces and if you have any herbs, hot chilis or oils even a dollop of sour cream are fine for garnishing as well. You can truly make it your own using what you have. No cauliflower? No worries, you can easily swap out with broccoli, carrots or potatoes. Use what you have or even combine any root vegetables

together if you have them! This is truly a creamy delight to brighten any day!
Enjoy!