

Cream of Cauliflower Soup

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

Garnish Recipes:

Fried Leeks

Croutons

Step 1: Preparing the Mirepoix

- 3/4 cup onions
- 2 cloves garlic
- 4 cups cauliflower
- 4 tbsp butter*
- 4 tbsp all-purpose flour
- 4 cups liquid (water, stock or non-dairy milk)

To prepare your mise en place, finely dice the onions and mince the garlic. Cut the cauliflower florets into small, even pieces. Measure out the butter, flour and milk. Set aside.

*Note: The fat can be either oil, butter or non-dairy butter.

Step 2: Making and Serving the Soup

- sea salt (to taste)
- white pepper (to taste)
- 1/2 cup cream (optional)*
- garnish (optional)**

To make the soup, melt the butter in a medium-sized pot over medium-low heat. Add the onions and garlic along with a pinch of salt. Gently sweat until the onions are translucent, about 10 minutes.

Add the florets and stir to coat with the fat. Continue to sweat for a few minutes until somewhat softened.

Next, sauté with the flour and stir to combine. Temper in the liquid, a bit at a time. Turn the heat up to medium and bring the soup to a simmer. Season with a good pinch of salt. Stir often to make sure the bottom does not scorch.

Let the soup gently simmer until the florets are tender and cooked all the way through. Once the florets are tender, add salt and pepper to taste.

Transfer the soup to a blender and blend until smooth. You may need to do this in batches. Return the blended soup to a clean pot and bring just to a simmer. Season to taste with salt and white pepper. Add cream, if using. Serve in warmed bowls.

*Note: For plant-based, either omit the cream or use a non-dairy substitute. Alternatively, you could add a bit of Cashew Cream to finish.

**Note: Garnish with crispy leeks, toasted almonds or croutons, if desired.