

Gingery Cauliflower Soup

This soup may be served as an elegant first course at a grand dinner or as part of a simple lunch, accompanied, perhaps, by a sandwich or salad or both. It may be made a day in advance and refrigerated. Reheat gently.

It is a good idea to have the cumin, coriander, turmeric, and cayenne pepper all measured into a small bowl before you start, as they go in together and cook very briefly.

Ingredients

- 3 tbsp vegetable oil
- 1 medium onion (about 6 ounces), peeled and chopped
- 1-inch piece fresh ginger, peeled and cut into fine slivers
- 4 cloves garlic, peeled and chopped
- 1 tsp ground cumin
- 2 tsp ground coriander
- ¼ tsp ground turmeric
- ¼ tsp cayenne pepper
- 2 medium potatoes, peeled and cut into rough ½ inch dice
- ½ pound (2 heaping cups) cauliflower florets (one half medium head)
- 5 cups chicken stock
- Salt if needed
- ⅔ cup heavy whipping cream

Instructions

1. Set the oil over medium-high heat in a good-size frying pan.
2. When hot, put in the onion, ginger and garlic. Stir until the onions are light brown.
3. Put in the cumin, coriander, turmeric, and cayenne pepper. Stir once.
4. Put in the potatoes, cauliflower, and chicken stock. If the stock is unsalted, put in ¼ tsp salt.
5. Stir and bring to a boil. Cover, lower heat and simmer gently for 10 minutes or until the potatoes are tender.
6. Adjust salt.
7. Puree soup in a blender, in two or more batches.
8. Strain through a sieve to remove any ginger pulp.
9. Add the cream, reheated and served.
10. Garnish with paprika



Camano Culinary Creations

848 Holbeck Drive,
Camano Island, WA 98282
(360) 387-1422

Camano-Culinary-Creations.com