

Cream of Cauliflower Soup

PARADE | October 2008 by Sheila Lukins

Sprinkle with crystallized ginger or sliced scallions.

Yield: Makes 8 servings

ingredients

2 leeks, including 2 inches of green, roots trimmed
2 tablespoons olive oil
2 tablespoons unsalted butter
1 celery rib, with extra leaves, coarsely chopped
2 tablespoons finely minced garlic
2 teaspoons curry powder
2 teaspoons ground ginger
6 cups chicken or vegetable broth (more if necessary)
Juice of half a lemon
1 head cauliflower, cored and broken into florets
Salt and freshly ground black pepper, to taste

preparation

1. Cut leeks in half lengthwise. Wash to remove dirt. Pat dry and thinly slice crosswise.
2. Heat the oil with the butter in a heavy pot over low heat. Wilt the leeks and celery with leaves until softened, 10 minutes; add garlic during the last 5 minutes.
3. Stir in the curry powder and ginger, and cook over very low heat to permeate the vegetables, 1 minute.
4. Add the broth, lemon juice, and cauliflower florets. Raise the heat to high and bring to a boil; reduce the heat and simmer, partially covered, until the cauliflower is very tender, 15 minutes. Cool slightly.
5. Purée in a food processor until very smooth. Add extra broth for desired consistency. Season with salt and pepper.

nutritional information

Per serving: 150 calories, 10g fat, 20mg cholesterol, 12g carbohydrates, 4g protein

Nutritional analysis provided by Other

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