

# Spicy Cauliflower Soup

This is a delicious creamy soup despite having no added cream or starch. I really like adding a little bit of curry for an additional dimension of taste and you can add as little or as much curry as you prefer.

**SERVES 6**

## **INGREDIENTS**

- 1 tbsp oil
- 1 onion, sliced
- 1 carrot, medium, slices thickly
- 1 cauliflower, medium
- 6 cups vegetable or chicken stock, low sodium
- ¼ cup milk
- 1 tbsp sugar
- 1 tsp curry paste
- ½ tsp turmeric
- ¼ parsley or cilantro (garnish), minced
- 3 Pappadums breads, broken in half (optional, garnish)  
salt and freshly ground black pepper

Heat oil in a large pot to medium heat and add onion. Season with salt and pepper and sauté for 3 minutes stirring often. Add carrots and keep sautéing for another 3 minutes.

In the meantime prepare cauliflower. Wash. Remove the external leaves and cut or break the cauliflower into smaller pieces. Keep the florets and stalks in all, as all parts add delicious flavours to the soup.

Add the cauliflower to the pot. Pour in the stock, milk, and sugar, stir, bring to simmer. Cover with a lid and cook for 20 minutes or until the cauliflower is very soft.

Let it cool slightly and insert a hand held mixer or use a blender to puree the mixture until soup becomes very smooth.

Add and stir in curry paste and turmeric. Reheat gently and taste it to see if it needs more seasonings.

Ladle to bowls and serve with a garnish of parsley or cilantro and a piece of pappadum bread. Serve and enjoy.

## **TIP DU JOUR:**

Adding a little bit of sugar and milk to cauliflower as you cook it brings out its sweetness and creamy qualities. As well it reduces the often overpowering smell of the cooking cauliflower. However if you don't want to add either ingredient, then the taste of this soup won't be drastically altered and it will still be delicious.

Be cautious of adding too much curry paste if you are not familiar with using them as some are much spicier than others. Thai and Indian curry pastes are made with different spices. Try them all and see which one you like best, or make it yourself.