

Chef Bobo's Cauliflower Soup

2 tbsp Olive Oil
1 Medium Onion, chopped
5 cups Cauliflower Florets
3 cups Vegetable Stock
1 tsp Ground Coriander
Salt to taste
2 tbsp Minced Parsley or Chives for Garnish

1. Heat olive oil in large saucepan over medium high heat. Add the onions and allow them to sweat until they become translucent and just begin to lightly turn golden.
2. Immediately add the cauliflower and stir it with the onions. Reduce the heat.
3. Slowly add 2 cups of the vegetable stock, coriander and salt and pepper to taste. Bring the soup to a boil and lower it to a simmer. Allow to simmer for 25 – 30 minutes.
4. Check the cauliflower. It should be tender and easily cut.
5. If using a blender, ladle soup into the blender a little at a time and blend until smooth. Be very careful, hot liquids in a blender can be explosive when you turn the blender on. To be safe, fold a kitchen towel and put it on top of the lid to the blender and hold it when you turn on the blender. Start on the lowest speed. Once all the soup is blended pour into a pan. It should be quite thick. If you are using an immersion blender you can blend the soup right in the pan in which it was cooked.
6. If you pureed the soup in a blender, pour the soup back into the pan, To thin out the soup slowly stir in the additional vegetable stock until you have a nice creamy consistency. Adjust the seasonings and ladle into heated bowls.
7. In the center of each bowl garnish with a pinch of the parsley or chives.

This soup increases well to larger quantities by multiplying the ingredients proportionately. For instance, if you are feeding 8 – 12 people, just double everything.

NOTE:

We also make this soup a Roasted Cauliflower Soup by roasting the cauliflower before adding it to the soup. It's very simple. Toss the cauliflower florettes with a little olive oil, salt and pepper and roast until they begin to turn brown. This gives the soup a little more depth and a delicious smoky taste.