

Our Community Garden



Recipe Collection

Tasty Cauliflower Soup

You need

2 tablespoons of vegetable oil

1 large onion, peeled and chopped

2 or 3 garlic cloves, chopped

1 largish potato, chopped

1 large cauliflower, cut into florets

300ml chicken stock (1 stock cube would be fine dissolved in 450ml hot water)

300ml semi-skimmed milk (you may need more if the soup is too thick for your liking)

pinch of nutmeg - salt & pepper - chopped parsley to garnish

1 large pot with lid

something with which you can puree the soup

To make

Heat the vegetable oil in the large pan, add the chopped onion and gently cook until soft, but not brown

Add the chopped garlic

Add the cauliflower and chopped potato, chicken stock and milk

Bring to the boil

Cover the soup, turn down the heat and simmer for 15-20 mins, so the cauliflower is soft

Puree the mixture

Should the soup be too thick for your liking, simply add some more skimmed milk

Add ground or grated nutmeg (most just like a good pinch)

Season to taste with salt and pepper

Chopped parsley and/or some grated cheese is great as a garnish.

Serve warm with crusty bread - such as our Healthy bread



Bon Apétit