

Roasted Cauliflower Soup

By Audrey Plant

Ingredients

Roasted Cauliflower (distribute ingredients below between two sheet pans)

4 heads cauliflower, roughly chopped(stems and heads)

2 heads garlic, peel cloves

2 medium onions, peeled and halved

4-5 sprigs of fresh thyme.

2 cups extra-virgin olive oil

4 teaspoons kosher salt

2 teaspoons black pepper

After Roasting (in a large pot)

1/2 teaspoon red pepper flakes

4 teaspoons salt

1 teaspoon garlic powder

2 tablespoons champagne vinegar

2 1/2 quarts chicken stock, low sodium

1 chicken bouillon cube

Instructions

Roasted Cauliflower (distribute ingredients below between two sheet pans)

1. Preheat oven at 420 F.
2. Line two sheet pans with either parchment paper or aluminum foil.
3. Add cauliflower, peeled garlic cloves, onions, and fresh thyme to the pan. Toss in olive oil.
4. Season evenly with salt and pepper. Toss until coated evenly. Place in oven and roast for 1 hour. Until golden brown and bits and pieces are dark. Remove from oven,

After Roasting (in a large pot)

1. Preheat a large pot on medium heat. Add cauliflower, garlic cloves, and onions to the pot. Remove the leaves of the roasted fresh thyme and add. Discard stems.
2. Add red pepper flakes, salt garlic powder, champagne vinegar, chicken stock, and bouillon cube. Bring to a slow boil, turn down the heat to low.
3. Remove pot from heat. Using an immersion blender or a standard blender, blend ingredients until smooth and creamy. Add additional broth to thin-out soup as needed.

4. Simmer on low for 10 minutes. Turn off heat, serve, and enjoy!

Notes:

1. Recipe can be halved.
2. Use the stem and heads of the cauliflower, the stem has flavor too!
3. Be sure to remove the large stem (about 1/2 way up the head of cauliflower) in the middle of the head, throw it out.
4. It's important to not overcrowd the sheet pan, you want the ingredients to roast. Too much on the sheet pan will create steam and thus, you won't get that nice caramelization.
5. The salt may seem like a lot, but there are 4 large heads of cauliflower, you will need the seasoning.
6. As mentioned in the recipe, you can thin out the soup with more broth if needed. The soup is fairly forgiving.