

Cauliflower Soup

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: cauliflower, celery, coriander, garlic, kaffir (makrut) lime leaves, onions

This is a simple recipe, delicious and very warming on a cold winter – or fresh spring – day.

Equipment:

metric measuring jug, cups and spoons
clean tea towel
chopping board
cook's knife
large stockpot
wooden spoon
stick blender
ladle
bowls for serving

Ingredients:

2 tbsp sunflower oil
4 onions, peeled and roughly chopped
6 garlic cloves, peeled and roughly chopped
4 cm knob of ginger, finely chopped
4 celery sticks, roughly chopped
1 cauliflower, roughly chopped
4 fresh kaffir (makrut) lime leaves, torn
2 tsp green curry paste
2 L vegetable stock
400 ml coconut milk
1 handful of coriander, finely chopped
1 cup reduced-fat cream
salt and pepper, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the large pot and fry the onion, garlic, ginger, celery, cauliflower and the kaffir (makrut) lime leaves.
3. Add the curry paste and cook until fragrant.
4. Stir in the stock and coconut milk, and simmer for 20–30 minutes.
5. Remove a cup of the liquid and set side.
6. Add the coriander and the cream to the soup.
7. Blend the soup with the stick blender.
8. Add the reserved liquid if the soup is too thick.
9. Taste and add salt and pepper as needed.
10. Ladle the soup into bowls to serve.

