

Cauliflower Soup

Yield: 6 serves | **Rating:** 5/5 | **Prep:** 15 hr | **Cook:** 45 min | **Source:** America's Test Kitchen

For a creamy cauliflower soup without cream, we relied on cauliflower's low insoluble fiber content to produce a velvety smooth puree. To ensure that Cauliflower flavor remained at the forefront we cooked the cauliflower in seasoned water instead of broth, skipped the spice rack entirely, and bolstered the soup with sautéed onion and leek. We added the cauliflower to the simmering water in two stages so that we got the grassy flavor of just-cooked cauliflower and the sweeter nuttier flavor of long cooked cauliflower. Finally, we fried florets in butter until both browned and used each as a separate, richly flavored garnish.



Ingredients

- 1 head cauliflower (2 pounds)
- 8 tblsp unsalted butter (cut into 8 pieces)
- 1 leek white and light green parts halved lengthwise (sliced thin, and washed thoroughly)
- 1 small onion (halved and sliced thinly)
- Salt and pepper
- 4 ½ - 5 cups water
- ½ teaspoon sherry vinegar
- 3 tablespoons minced fresh chives
- ¼ - 1/2 cup heavy cream (optional)

Nutrition

NUTRITIONAL INFORMATION

Per Serving (Serves 6)

Calories 188

Fat 16 g (add additional fat if using heavy cream)

Saturated Fat 10g

Trans Fat 1g

Monounsaturated 4g

Polyunsaturated 1g

Cholesterol 41mg

Sodium 887 mg

Carbs 12g

Fiber 4g

Sugars 3g

Protein 4g

Instructions

- 1.** Pull off outer leaves of cauliflower and trim stem Using paring knife, cut around core to remove; thinly slice core and reserve. Cut heaping 1 cup of 1/2-inch florets from head of cauliflower; set aside. Cut remaining cauliflower crosswise into 1/2 -inch thick slices.
- 2.** Melt 3 tablespoons butter in large saucepan over medium -low heat. Add leek, onion, and 1 1/2 teaspoons salt; cool, stirring frequently, until leek and onion are softened but not browned, about 7 minutes.
- 3.** Increase heat to medium-high; add 4 1/2 cups water, sliced core, and half of sliced cauliflower; and bring to simmer. Reduce heat to medium-low and simmer gently for 15 minutes. Add remaining sliced cauliflower, return to simmer, and continue to cook until cauliflower is tender and crumbles easily, 15 to 20 minutes longer.
- 4.** While soup simmers, melt remaining 5 tablespoons butter in 8-inch skillet over medium heat. Add reserved florets and cook, stirring frequently, until florets are golden brown, and butter is browned and imparts nutty aroma, 6 to 8 minutes. Remove skillet from heat and use slotted spoon to transfer florets to small bowl. Toss florets with vinegar and season with salt to taste. Pour browned butter in skillet into small bowl and reserve for garnishing.
- 5.** Process soup in blender (or use a hand/stick blender) until smooth, about 45 seconds. Rinse out pan. Return pureed soup to pan and return to simmer over medium heat, adjusting consistency with remaining water as needed (soup should have thick, velvety texture but should be thin enough to settle with flat surface after being stirred) and seasoning with salt to taste. Serve, garnishing individual bowls with browned florets, drizzle of browned butter, and chives and seasoning with pepper to taste.