



Roasted Broccoli, Cauliflower and Cabbage Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

- half of a head of broccoli
- half of a head of cauliflower
- quarter of a head of cabbage
- quarter of an onion
- 2 shallots
- 2 sticks of celery
- 3 cups of chicken broth
- 1 cup of cream
- 2 tablespoons of mascarpone cheese
- 6 slices of smoked provolone cheese
- 1 teaspoon cumin
- 1 teaspoon white pepper
- Olive Oil
- salt
- pepper

Instructions

First, preheat the oven to 450 degrees. Next, separate the heads of broccoli and cauliflower from their stalks. Cut the heads of the broccoli and cauliflower into individual florets, place on a sheet pan, and toss together with olive oil, salt and pepper. Place the pan in the oven, and roast the broccoli and cauliflower for 15 minutes, or until slightly caramelized.

In the meantime, chop the onion, shallots, celery, and the stalks of the broccoli and cauliflower. Place enough oil in a heavy pot to coat the bottom, and heat until shimmering over medium heat. Add the faux mirepoix to the pot, and cook until translucent. While this is cooking, chop the cabbage. Once the mirepoix is at the right point, add the cabbage, and cook until soft, stirring occasionally.

By this time, the broccoli and cauliflower should be just ready, or already out of the oven. Add that to the mirepoix and cabbage, and stir to mix. Next, pour in the chicken broth, turn the heat up to high, and heat until just simmering. Simmer for 20 minutes, or until flavors are blended, turning the heat lower as needed.

While the soup is cooking, dice the provolone cheese, and bring the mascarpone cheese to room temperature. Once the soup is done simmering, add the cream, and heat until warm and the soup is partially thickened. Using an immersion blender, puree the soup to an even consistency. Then, add the provolone cheese, cumin, and white pepper, stirring to incorporate. As a last step before serving, swirl in the mascarpone cheese.