



Spicy Cauliflower Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 8-10

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¼ cup olive oil
½ red onion, minced
½ cup carrot, peeled and chopped
1 tsp cumin
1 tsp coriander
1 tsp chili powder
½ tsp turmeric
¼ tsp dried chile flakes
1 chipotle in adobo (optional)
salt/pepper
½ cup chopped cilantro
1 large head of cauliflower trimmed of greens and chopped (about 6 cups)
4 cups of chicken broth
2 cups water
crème fraiche or sour cream for topping (or roasted red pepper strip and feta)

Instructions

Heat oil over medium in soup pot and add onion, carrot, cumin, coriander, chili powder, turmeric, chile flakes and salt/pepper. When softened, add cilantro, chipotle in adobo, cauliflower, broth and water. Bring to a boil, stir and reduce heat to simmer for 30 minutes, until cauliflower is soft. Place in blender (maybe cool a bit) to puree and return to pot to simmer until ready to serve. Add crème fraiche, sour cream or whatever you wish to top it off.

Here is my crème fraiche recipe: 1 cup heavy whipping cream and 2 tbsp buttermilk (whole fat) – stirred and placed into a glass jar then covered, allowing to sit at room temp (70 degrees) for 8-24 hours. This should be thick in the end and stirred. If room temp is cooler than 70, it could take up to 36 hours for bacteria to do its thing. Refrigerate-should last up to 10 days or so.