



## CREAM OF CAULIFLOWER SOUP

*Serves 4*

### INGREDIENTS:

- 1 head cauliflower (about 2 pounds)
- 2 tbsp olive oil
- 1 leek, white and light green part only, halved lengthwise, washed well of the sand and sliced thin
- 1 small onion, thinly sliced
- 1 garlic clove, smashed
- 1 medium potato, peeled and sliced in large cubes
- Salt and black pepper
- 4.5–5 cups of water
- 4 tbsp butter
- 1/2 lemon, grated skin and juiced
- 1/2 tsp red pepper flakes
- 1 tbsp capers (optional), roughly chopped



PHOTOGRAPHY AND STYLING BY IGLIKA PETROVA

### DIRECTIONS:

1. Cut the cauliflower in half and remove the core. Pull a heaping 1 cup of 1/2-inch florets and save for later for garnish. Pull or cut the remaining cauliflower in 3-inch pieces and set aside.
2. Heat the olive oil over medium-high heat in a medium-sized pot. Add the leek and onion and sauté until soft but not brown. Add the garlic, stir and cook for about 30 seconds, making sure it doesn't burn.
3. Increase the heat to high and add the water, potatoes and a tea spoon of salt. Bring to a simmer and reduce the heat to low and simmer for 30 minutes stirring from time to time.
4. Meanwhile, heat up a large empty heavy pan (cast iron preferably) over high heat and add the butter and the reserved cup of cauliflower florets. Lower to medium-high and brown the florets by stirring frequently, about 5-7 minutes. The flowerets are done when the edges are slightly charred. Turn off the heat and stir the red pepper flakes, lemon rind, juice and capers. Transfer to a small bowl and add salt to taste. Cover to keep warm.
5. Process the soup in a regular or immersion blender until smooth and creamy (hint: the higher the speed the smoother the soup will be). Add salt and pepper to taste and a tablespoon of butter, if desired.
6. Ladle the soup into individual bowls and garnish with a tablespoon of the spicy florets. Add grated Parmesan cheese for extra flavor, if desired.