

# Runny Nose Soup

## Creamy and Smooth Curried Cauliflower

- It's the color of snot and has just enough spice to make your nose run

2 heads cauliflower  
6T vegetable oil  
2t salt  
1 stick butter  
1.5 large onions (yellow) chopped small  
3t minced garlic  
1-2 large carrots, grated  
½ t ground cayenne pepper  
4-5t garam masala  
1t ground turmeric  
1-2Q chicken stock  
2C heavy whipping cream  
1 bunch fresh parsley

Salt and pepper to taste

Directions:

1. Preheat oven to 450F / 230C
2. Break cauliflower into bite-sized pieces, toss with oil and salt. Spread on foiled baking sheet and roast in 450 oven 30-35 minutes until cauliflower edges char.
3. Chop the onion into fairly small pieces. Grate carrots.
4. In a soup pot, melt at least half a stick of butter (more is better) and sautee onions until soft - 5 minutes or so. Then add garlic and cook another 2 minutes. Then add carrots and cook another 2 minutes. Add more butter if it gets too dry.
5. Add spices (cayenne, garam masala, turmeric) and cook 5 minutes, stirring most of the time. This will be very fragrant and the mixture will become dry. You may wish to add a small amount of chicken stock to deglaze and prevent burning.
6. Add roasted cauliflower and chicken stock (1.5Q) to pot, give it a good stir, cover, bring to boiling.
7. Remove cover and simmer 10-15 minutes.
8. Use blender (Immersion or regular-style) to puree entire mixture.
9. stir - in cream and let it sit for a few minutes for flavors to meld
10. Garnish with parsley, salt and pepper to taste.