



# Cauliflower soup or puree

Recipe by Dillon Kesur



Serves 4



50 minutes

## INGREDIENTS

- 1 generous tbs butter
- 1 med onion, finely chopped
- 3 cloves garlic, finely chopped
- $\frac{1}{2}$  cauliflower, just florets, cut into small pieces
- 1 floury potato, cut into small pieces
- 1  $\frac{1}{2}$  - 2 cups milk
- 2 tbs cream
- Pinch of ground nutmeg
- Salt
- Lemon juice

## Garnish

- Freshly ground pepper
- Flavoured oil or olive oil
- Chervil leaves or chopped chives

## DIRECTIONS

- Melt butter on a medium heat. Stir in onions and garlic. Turn down heat to low, and cover. Sweat the mixture for 10 minutes. Check once or twice, and stir to make sure mixture doesn't colour. Add a little water if it dries out too much. After 10 minutes, mix in cauliflower and potato. Cover again and leave to sweat for another 5 minutes to "sweeten" the cauliflower.
- Heat milk and cream till almost boiling. Pour to just cover the vegetable mixture. Bring to a simmer, then cook on a low heat for 10-15 minutes (till potato and cauliflower are tender).
- If you want to serve as a purée, strain off the liquid from the vegetables and put liquid aside. Blend the vegetables to a fine purée, adding some of the warm reserved liquid to your preferred consistency. Add nutmeg and salt to taste.



**Sundays**  
with Lucie Cutting  
on 936AM and the ABC listen app





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## DIRECTIONS

- If you want to serve as a soup, add all the remaining reserved liquid. Bring back to the boil, add a squeeze of lemon juice and serve.
- Garnish each serving of purée or soup with ground pepper, a drizzle of the oil, and chervil leaves or chives.



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