

Cauliflower Soup with Croutons

Bialik College Kitchen Garden Program



Ingredients:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, finely chopped
- 3 large potatoes, peeled and 1cm cubed
- 500g cauliflower, cut into florets
- 3 cups vegetable stock
- salt/pepper, to taste
- 8 slices old bread, cut into 1 cm cubes
- olive oil, to drizzle
- 1 clove garlic, finely chopped
- ½ teaspoon ground cumin

Equipment:

- chopping board
- knife
- peeler
- metric measuring spoons
- large saucepan
- wooden spoon
- stick blender
- baking tray
- baking paper

Method:

1. Heat butter and olive oil in a large saucepan over medium heat. Add onion and garlic. Cook for 5 minutes or until onion softens.
2. Add potato and cauliflower and cook for another few minutes. Then add stock and bring to the boil.
3. Reduce heat and cover with a lid. Cook for 20 minutes or until potato is tender.
4. Remove from heat and cool slightly. Then use stick blender to blend mixture until smooth. Season with salt and pepper to taste.
5. To make the croutons, cut crusts off bread and cut bread into cubes. Place into a bowl and drizzle with olive oil, garlic and ½ teaspoon of cumin. Put bread on a lined tray and place into the oven at 180C. Bake for approximately 15 minutes or until crispy.
6. Serve soup and place croutons on top.