

---

# Cauliflower and Parsnip Soup with Currant and Pine Nut Garnish

*Blue Eggs and Yellow Tomatoes (cookbook) by Jeanne Kelley*

*Adapted slightly from Blue Eggs and Yellow Tomatoes*



## **Servings: 6**

1. **SOUP:** Heat oil in heavy pan over medium heat. Add onion, cover and cook until onion is tender and just beginning to turn golden, about 8 minutes. Add cauliflower, parsnips, bay leaf and water (I used vegetable broth). Bring to a boil and simmer over low heat until vegetables are tender, about 30-40 minutes.
2. Cool slightly and remove bay leaf. Using an immersion or standard blender, puree soup (in batches if necessary) until smooth. Season with salt to taste. Can be made up to 3 days ahead and refrigerated. Reheat to serve. (May also be served cold.)
3. **GARNISH:** Toast pine nuts in dry skillet until golden brown. Mix pine nuts in a bowl with currants, and thyme. Season with salt and pepper.
4. Serve in bowls with about a tablespoon of the garnish on each bowl of soup then drizzle with olive oil.

## **SOUP:**

- 2 tablespoons EVOO
- 1 large onion, chopped
- 1 pound parsnips, peeled, chopped
- 1 head cauliflower, roughly chopped
- 6 cups water (or vegetable stock)
- 1 whole bay leaf
- salt to taste

## **GARNISH:**

- 1/2 cup pine nuts
- 1/4 cup currants, or raisins or dates
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon EVOO, to drizzle on top

---

*Per Serving (excluding unknown items): 201 Calories; 13g Fat (54.1% calories from fat); 4g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**