

Curried Cauliflower Soup

Based on a recipe from *Mustards Grill Napa Valley Cookbook*, Cindy Pawlcyn



Servings: 8

1. To make soup, heat oil in large pot over medium-high heat. Add onion and saute several minutes, then add garlic. Cook for about one minute. Add in chile, carrot (if using), ginger and curry, and cook, stirring, several minutes. Add in wine and cook at medium-high until it is reduced by half. Add in potatoes, cauliflower, chicken stock; bring to a boil, skimming off any froth. Lower heat to a simmer and cook about 20 min, or until vegetables are tender but not falling apart.

2. Stir in coconut milk and season with salt and pepper. Puree about 75% of the soup in blender until smooth (be careful - don't load bowl too full or it will explode). Leave the remaining 25% of the soup with chunky vegetable pieces. Pour puree back into main soup pot, add butter and garam masala and reheat. Taste for seasonings. Ladle into bowls and garnish with cilantro, almonds and chives. (May also be served chilled.)

- 2 tablespoons EVOO, or peanut oil
- 1 large onion, sliced
- 8 cloves garlic, sliced
- 1/2 whole jalapeno chile pepper
- 1 large carrot, halved lengthwise and cut into half-moons (optional)
- 2 tablespoons fresh ginger, peeled, grated
- 1 tablespoon curry powder, or more if desired
- 1 cup dry white wine
- 2 whole sweet potatoes (or white potatoes) peeled and diced
- 1 large cauliflower, trimmed and chopped small (including stem, minced)
- 8 cups low sodium chicken broth, or vegetable stock
- 20 ounces coconut milk
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon garam masala
- 1 tablespoon unsalted butter
- Minced fresh cilantro (optional)
- Toasted sliced almonds (optional)
- Chopped fresh chives (optional)

Per Serving (excluding unknown items): 331 Calories; 22g Fat (60.3% calories from fat); 14g Protein; 19g Carbohydrate; 4g Dietary Fiber; 4mg Cholesterol; 810mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 4 1/2 Fat.

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