

# Cauliflower Soup with Olive Oil Drizzle

Adapted from Food 52, 2013

Internet Address:



3 tablespoons olive oil  
6 ounces white onion, sliced thin  
1 1/2 pounds cauliflower, broken into florets  
Salt to taste  
Freshly ground white pepper to taste  
5 1/2 cups water, divided  
3/4 cup heavy cream, or half and half  
Extra virgin olive oil to drizzle on top  
Freshly ground black pepper, to taste

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 6

1. Warm the olive oil in a heavy-bottomed pan. Sweat the onion in the olive oil over low heat for 15 minutes without letting it brown.
2. Add the cauliflower, salt to taste, and 1/2 cup water. Raise the heat slightly, cover the pot tightly and stew the cauliflower for 15 to 18 minutes, or until tender. Then add another 4 1/2 cups hot water, bring to a low simmer and cook an additional 20 minutes uncovered.
3. Working in batches, purée the soup in a blender to a very smooth, creamy consistency. Let the soup stand for 20 minutes. In this time it will thicken slightly. Add cream and stir well.
4. Thin the soup with 1/2 cup hot water if desired. Reheat the soup. Serve hot, drizzled with a thin stream of extra-virgin olive oil and freshly ground black pepper. Or serve cold with same garnish.

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Per Serving (excluding unknown items): 200 Calories; 18g Fat (77.1% calories from fat); 3g Protein; 9g Carbohydrate; 3g Dietary Fiber; 41mg Cholesterol; 53mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.