

Cauliflower Soup with Seared Sea Scallops

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Creamy, flavorful soup, well suited for the scallop.

- 3 tablespoons canola oil, divided use
- 1 cup onion, chopped
- 1 clove garlic, minced
- 1 head cauliflower, about 3 3/4 cups
- 1 1/2 cups low-sodium chicken broth
- 1 1/2 cups whipping cream
- coarse sea salt to taste
- white pepper to taste
- 1 whole leek
- 6 whole sea scallops, "foot" removed, patted dry
- 1 teaspoon lemon zest
- 1 1/2 tablespoons chives, minced

Serving Ideas: If you don't like scallops, use some small bits of ham instead. You could also make this a main dish soup by adding more scallops (about 3 total).

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

Servings: 6

If you don't know how to find the "foot" on the scallop, feel around the outside edge until you find a little bump or edge that sticks out (this is the part that attaches to the shell). It's a firmer kind of muscle meat and should be removed. Use a knife to cut it and discard.

1. Heat 2 T. of oil in heavy, large saucepan over medium heat. Add onion and saute about 4 minutes. Add minced garlic and continue cooking until onion is soft. Do not burn the garlic. Add cauliflower, broth and cream. Bring soup to a simmer. Reduce heat to low, partly cover it and simmer gently until cauliflower is tender, about 18 minutes. Puree soup in small batches in blender (don't overfill, or it will blow the lid off the blender), until smooth. Return soup to same saucepan, season with salt and pepper. Can be made one day ahead to this point. Cover and chill. Rewarm before serving.
2. Cut and thoroughly wash the leek, discarding all but the white and just a little bit of the green. Cut leek into 1/8 inch slices. Blanch the leek in a small saucepan of boiling water, about one minute. Drain. Place a small mound of leek in each wide, flattish soup bowl (not white, preferably). The scallop will sit on top of this mound.
3. Heat remaining 1 T. of oil in a medium, nonstick skillet over high heat. Sprinkle scallops with salt, pepper and lemon zest. Sear until brown and JUST opaque in the center, about 1 1/2 minutes per side. Immediately place the scallop on top of the leek mound and ladle the hot soup AROUND the scallop (not on). Sprinkle the soup with chives and serve.

Per Serving (excluding unknown items): 306 Calories; 30g Fat (82.2% calories from fat); 7g Protein; 8g Carbohydrate; 1g Dietary Fiber; 85mg Cholesterol; 57mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 Fat.