

Chilled, Low Carb, Picnic, Vegetarian

Chilled Curried Cauliflower and Apple Soup

Adapted from *Bon Appetit*, from *Campton Place*



Servings: 5

1. Heat the butter over medium heat in a large soup pot. Add onions, curry powder and ginger and cook, stirring frequently, until soft and translucent, about 5 minutes. Add the chopped apple and cook for an additional 3-5 minutes, until soft.
2. Add the cauliflower, saffron and the water it soaked in, then add chicken broth and bring to a boil.
3. Reduce heat and simmer for an additional 15-20 minutes, or until the cauliflower is fork tender. Stir in the the milk or half and half and continue to simmer over low heat for an additional 5 minutes. Do not bring it to a boil or the milk may separate.
4. Use a stick blender to puree the soup in the pot. Otherwise, working in batches, transfer the soup to a blender and puree until smooth. If serving chilled, cool and refrigerate overnight if time permits. If serving hot, return pureed soup to pot and heat over low flame. Add cayenne pepper (if using) and season with salt and pepper. Cool and chill at this point, or you may serve it hot.
5. **GARNISH:** In a medium bowl combine the minced apple, celery, green onions, bell pepper, lemon zest, lemon juice and the minced cilantro. Season with salt.
6. Soup may be served chilled, or piping hot. Add a generous couple of spoonfuls of apple garnish and drizzle of olive oil, if desired. Place a few cilantro leaves on top.

1 tablespoon unsalted butter
1 medium onion, chopped (~1 cup)
2 teaspoons curry powder, medium heat
1/4 teaspoon ground ginger
1/2 teaspoon saffron threads, soaked in 1/4 cup hot water for 10 minutes
1 cup Gala apple, peeled, cored and chopped (2 small apples or 1 large)
1 medium head cauliflower, greens and stem removed, and broken into small florets
4 cups low-sodium chicken broth (1 quart)
1 1/4 cups whole milk, or half and half
1 pinch cayenne pepper, optional
salt to taste
olive oil (for garnish)

Garnish:

1 cup apple, very finely minced, leaving skin intact for color
1 cup celery, very finely minced
3 whole green onions, very finely minced
1/2 red bell pepper, very finely minced
3/4 cup fresh cilantro, most finely minced in garnish
1 1/2 teaspoons lemon zest
2 tablespoons lemon juice
salt to taste
a few cilantro leaves to place on top when serving

Per Serving (excluding unknown items): 167 Calories; 6g Fat (29.7% calories from fat); 7g Protein; 24g Carbohydrate; 4g Dietary Fiber; 12mg Cholesterol; 112mg Sodium; 16g Total Sugars; trace Vitamin D; 113mg Calcium; 1mg Iron; 565mg Potassium; 151mg Phosphorus. Exchanges: 0 Grain(Starch).

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