

Creamy Cauliflower Soup with Golden Raisins, Pine Nuts, Capers and Balsamic Drizzle

Loosely based on a soup I enjoyed at a hotel restaurant in San Luis Obispo, CA, March 2020.



Creamy Cauliflower Soup with Pine Nuts, Capers, Golden Raisins and Balsamic Drizzle

SOUP:

- 2 tablespoons EVOO
- 1 1/2 tablespoons unsalted butter
- 1 large white onion, chopped
- 2 stalks celery, chopped
- 1 clove garlic, minced
- 1 head cauliflower, chopped (no leaves)
- 5 cups low sodium chicken broth
- Salt and WHITE pepper to taste
- 3 tablespoons all purpose flour, or cornstarch
- 2/3 cup heavy cream, or half and half

GARNISHES:

- 4 tablespoons golden raisins
- 1/3 cup water
- 1 1/2 tablespoons white vinegar
- 4 tablespoons pine nuts, toasted, or slivered almonds
- 2 tablespoons capers, drained
- 2 tablespoons sour cream, drizzled on top, or EVOO
- Drizzle of balsamic glaze
- 4 tablespoons parsley, minced

Per Serving (excluding unknown items): 291 Calories; 21g Fat (63.1% calories from fat); 13g Protein; 15g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 491mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

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Servings: 6

- SOUP:** In a large soup pot warm the butter and EVOO over medium heat. Add onion and saute for 3-5 minutes until onion is soft. Do not burn or brown. Add celery and cook for 2-3 minutes. Add garlic, then chicken broth, then the cauliflower. Simmer for 20 minutes until vegetables are cooked through. Allow mixture to cool for 20-30 minutes, then pour (in batches if necessary) into blender and puree for a long time - until the soup is super-smooth. Add the all-purpose flour during one of the whizzing sessions. Pour all the pureed mixture back into the soup pot, add cream and bring to a simmer again and cook for about 10 minutes, stirring often, as it thickens, watching that it doesn't burn. Cool and refrigerate overnight if possible.
- RAISINS:** Bring golden raisins, water and vinegar to a simmer and cook over very low heat for about 5 minutes, then set aside to cool, while the raisins plump up. Drain.
- SERVING:** Pour reheated soup into individual bowls and garnish with any and all variety of the garnishes. The raisins are a must, as are some kind of toasted nuts. If you don't have pine nuts, use slivered toasted almonds. If you don't have balsamic glaze, you can make it by cooking down about 1/2 cup of regular vinegar until it's thick and syrupy. Or, in a pinch drizzle soup with a TINY amount of regular balsamic. If you don't have sour cream, drizzle with EVOO. If you feel particularly creative, sizzle the capers in a little olive oil until they burst and crisp up.