Curried Cauliflower Soup with Almonds

Adapted from Williams-Sonoma Cooking for Friends, by Alison Attenborough and Jamie Kimm (Oxmoor House, 2008).



1 large head cauliflower

2 tablespoons extra-virgin olive oil

1 whole Granny Smith apple, peeled and thinly sliced

1/2 yellow onion, finely chopped

2 tablespoons Madras curry powder (use less if you're at all sensitive to heat)

4 cups vegetable stock (I used chicken)

2 cups milk (I used half and half)

1/2 cup Greek yogurt, full-fat

1/2 cup sliced almonds, toasted

1/4 cup cilantro, chopped

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Servings: 8

1. Cut the cauliflower into florets. In a large saucepan over medium heat, combine the cauliflower, olive oil, apple, onion and curry powder. Sauté for 5 minutes, then cover and steam, stirring often, for 5 minutes more. Uncover, add the stock, increase the heat to high and bring to a boil. Add the milk, reduce the heat and simmer gently for 10 minutes. (Alternately, add the milk or half and half to the blender.)
2. Meanwhile, prepare a large bowl of ice water. Transfer half of the soup to a blender, add half of the yogurt and blend until smooth. (If desired do the following step:) Pour the soup through a fine-mesh sieve into a bowl. Puree the remaining soup and yogurt and pour through the sieve into the bowl. Nestle the bowl of soup in the ice water, stirring occasionally, until cool. Once cool, cover and refrigerate until ready to serve. To serve, ladle the soup into chilled cups and garnish with the almonds and cilantro.

Per Serving (excluding unknown items): 242 Calories; 14g Fat (49.9% calories from fat); 9g Protein; 23g Carbohydrate; 4g Dietary Fiber; 12mg Cholesterol; 855mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat.