



Cauliflower Soup - Faux Creamy Style

INGREDIENTS

1 head of cauliflower, broken up just so it fits in pot (size not important)
¼ c olive oil (approx.)
2 medium onions, cut in quarters
3 cloves of garlic, smashed
salt, black pepper to taste
red pepper flakes (optional)

INSTRUCTIONS

1. In a medium stock pot, add olive oil to cover the bottom of the pot. Add onions and garlic and sauté until lightly caramelized.
2. Add salt, pepper and cauliflower and stir.
3. Add enough water to cover most of the cauliflower then cover and lower heat to simmer. Cook until the cauliflower is super soft.
4. Using tongs or a slotted spoon, remove cauliflower and place in a blender. Note: The entire cauliflower will probably not fit in the blender all at once, so do it in batches, remembering to get all the onions and garlic pieces too.
5. Add some of the cooking water to get the blender going. **Please note: be sure to vent the lid to let the steam escape as you slowly blend, so it doesn't not explode.**

Some Notes/Tips:

This soup is super versatile. You can add as much water as you like to reach the consistency you want. The more water, the more blending the thinner, smoother your soup will be. For chunkier and thicker soup, less water, less blending. You will definitely not need all the water as that would be way too much and completely water down the soup. You can reserve it and use it for the base of another soup.

VEGETARIAN TOPPINGS:

- **Roasted Cauliflower Florets:** Reserve some florets before adding to the stock pot. Roast these with some olive oil, salt and pepper at 425 degrees. Once nice and crispy, drop them on top your soup.
- **Caramelized onions or shallots,** a nice topping in the center.
- **Oven Roasted tomatoes:** adds a sweet note to the soup
- **Nuts:** Toast some pinnoli (pine) nuts and sprinkle on top.

FOR LESS VEGETARIAN OPTIONS:

- **Grilled Shrimp:** Grill or sautee some shrimp. Cut into bites size pieces and adorn the soup.

FOR SERIOUS MEAT LOVERS:

- **Crispy Ham:** Using prosciutto, Serrano ham or bacon. Roast until super crispy. Crumble and sprinkle like you were in hog heaven. If you love Serrano ham, please visit [Despaña](#) for an amazing variety of hams, dry cured meats and so much more delicious Spanish fine foods.