



Cauliflower & Potato Soup

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: bay leaf, cauliflower, onion, parsley, potato

Note: You can use either **Chicken Stock** (page 133) or **Vegetable Stock** (page 171) for this soup.

Equipment:

metric measuring jug and spoons
clean tea towel
cook's knife
chopping board
fine grater
large pot
wooden spoon
ladle
hand blender
serving bowls

Ingredients:

2 tbsp extra-virgin olive oil
4 garlic cloves, peeled and finely chopped
2 onions, peeled and roughly chopped
3 large potatoes, washed and roughly chopped
1 cauliflower, cut into florets
1.5 L **Chicken Stock** or **Vegetable Stock**
1 bay leaf
100 ml milk
½ tsp salt
1 tsp pepper
1 nutmeg, to grate for garnish
1 small handful of parsley, finely chopped

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the large pot over medium heat.
3. Add the garlic and onions, and sauté for 2 minutes.
4. Add the potato and cauliflower, cook for a further 5 minutes.
5. Add the stock and the bay leaf, bring to a boil, then reduce to a low simmer and cook for about 25 minutes until the cauliflower and potato are soft and tender.
6. Remove from heat and ***remove the bay leaf**.
7. Purée with the hand blender, until smooth.
8. Stir through the milk, and season with salt and pepper to taste.
9. Ladle into bowls and sprinkle over nutmeg and parsley.

***Adult supervision required**

