

## Cauliflower Soup

*Itsi Weinstock - adapted from America's Test Kitchen*

*April 11, 2020*

### Preparation 1

1. Wash and slice 1 **leek** and 1 **onion**.

### Cooking 1

1. Saute the **leek** and **onion** in 1 tbsp oil on medium heat until soft (5 mins).

### Preparation 2

2. Trim leaf stems off the **cauliflower** and remove the core.
3. Slice core and head into 1cm pieces.

### Cooking 2

2. When leek is softened, add core and half the head of the **cauliflower**, add 1L water (or more to cover).
3. Bring to a simmer then time for 15 mins.
4. Add the rest of the cauliflower, bring to a simmer and time for 15 mins.

### Preparation 3

Lightly toast and grind 1 tsp **caraway seeds**.

### Cooking 3

5. Check that cauliflower is tender (else keep simmering).
6. Blend the soup with an immersion blender. If too thick, add more water. Soup should be thick and creamy but thin enough to settle flat when stirred.
7. Add 2 tbsp **white wine vinegar**, ground **caraway seeds**, 1/4 tsp **MSG** and plenty of salt and pepper. Adjust all these to taste.

### Servings: 4

#### Ingredients:

1 head	<b>cauliflower</b>
1 stalk	<b>leek</b>
1	<b>brown onion</b>
1 tsp	<b>caraway seeds</b>
2 tbsp	<b>white wine vinegar</b>