

Creamy Cauliflower Apple and Ginger Soup

By Camine Pappas, August 2013



Ingredients:

- 3 cups cauliflower cut into ½ inch chunks
- ½ small onion
- 2 very large carrots, diced into small pieces
- 1 fuji apple, unpeeled, and diced
- 1 T finely chopped fresh gingerroot
- 2 T fine olive oil
- ¾ T fresh thyme, chopped finely
- ½ t coriander
- 4 oz. dry white wine (optional)
- 3 to 4 cups vegetable stock
- 2 T butter
- 3 T flour
- 1 C milk
- ½ C heavy cream
- 4 oz cream cheese (full fat)
- Salt and pepper (in total, about 2 T salt and 1 T pepper, but you will need to check and season again at the end.

Cut up all vegetables and apple. Add oil to hot pan and add veggies and apple. Toss and sauté until onions are sweated. Add white wine and continue to cook until fragrant. Add coriander and salt and pepper to taste. Add stock and simmer over low heat for 30 minutes. Then add fresh ginger and fresh thyme. Continue to simmer for 10 to 15 minutes on low keeping the ingredients moving with a slight boil.

In a small saucepan make the roux, then add the milk, cream and cream cheese. Stir until smooth and thickened. Add little by little to soup, with whisk, and stir until it barely starts to thicken, not very much!

Serve with a garnish of fresh thyme and crusty bread! (And of course, the rest of the white wine!)

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