

## Cauliflower Apple Soup

Recipe: Adapted from *The Perfect Bite* by Jennifer Jasinski

Melissa Schenker/Foodie for Two

Makes about 5 cups



### Ingredients:

#### Soup

4 tablespoons unsalted butter

½ small sweet onion, very thinly sliced

6 oz. (about 1 ½ cups) cauliflower flowerets, cut into 1 inch pieces

4 oz. (about 1 cup) chopped apple (Honeycrisp or Fuji) - peeled and seeded, cut into ½ inch pieces

3 cups low-sodium chicken broth

½ teaspoon green curry paste (or madras curry)

½ cup heavy whipping cream

½ cup 1% milk

1 ¼ teaspoon kosher salt

3 large basil leaves

#### Vinaigrette

1 tablespoon finely diced shallots or red onion

1 tablespoon chopped basil

½ teaspoon green curry paste

¼ cup extra virgin olive oil

Pinch of kosher salt and ground pepper

#### Apple Salad

1 apple (Honeycrisp or Fuji), peeled, seeded and cut into small matchstick pieces

2 tablespoons finely chopped almonds

1 tablespoon basil, chopped

2 tablespoons finely diced red cabbage or radicchio

### Directions:

Soup: In a medium soup pot or Dutch oven, add the butter and heat over medium-low heat. When the butter has melted, add the onions and sweat until translucent, about 10 minutes; do not brown the onions.

Add the chopped cauliflower, apples and ½ teaspoon salt; stir well. Cook for about 5 minutes, until cauliflower is just heated through; do not brown. Stir in the chicken broth and curry paste and simmer until cauliflower is tender, about 20 minutes.

Add the cream, milk and ½ teaspoon salt and let simmer on low for 15 minutes. Transfer half the soup to a blender, add two basil leaves and place a folded kitchen towel over the lid. With hand on lid so it doesn't lift off, puree soup until smooth. Transfer soup to a large bowl and repeat with the remaining soup, adding the last basil leaf. If desired, strain the soup through a fine sieve for a velvety texture. If you are serving immediately, transfer all the soup back into the pot and gently reheat - add ¼ teaspoon salt if needed. Serve immediately. If not serving immediately, refrigerate and gently reheat before serving.

Vinaigrette: Add all ingredients to a medium bowl. Whisk together until combined.

Apple Salad: Add all the ingredients to a medium bowl and dress lightly with a few tablespoons of the vinaigrette. Toss gently, being careful to not break the apple matchstick pieces.

To serve the hot soup, ladle into bowl or cup (if a starter course) and serve with 1 to 2 tablespoons of the apple salad on the side. Before eating, add some of apple salad to the soup and enjoy!

- Use caution with hot items in the blender; the heat can cause the blender lid to blow off. Be sure to place a folded kitchen towel over the lid and place your hand on top to secure it before turning motor on. Do not fill more than half full.



Eat well and share the love!

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