

## INDIAN SPICED CAULIFLOWER SOUP

### Equipment needed –

Electric scales, small knives, chopping boards, garlic crusher, large saucepan, micro plane, can opener, vegetable peeler, measuring jug, measuring spoons and a frying pan.

### Ingredients from the Garden –

- 2 brown onions
- 1 long green chilli, seeded and finely chopped
- 3 cloves of garlic, crushed
- 1 large head of cauliflower
- 1 small purple cauliflower
- 3 medium potatoes, peeled and chopped
- 1 1/2 tablespoons of finely grated ginger
- Coriander leaves, washed picked and chopped

### Ingredients from the Pantry –

- 60 grams of ghee
- 3 teaspoons of ground cumin
- 1 ½ teaspoons of ground coriander
- 1 ½ teaspoons of garam masala
- ¾ teaspoon ground turmeric
- 6 cups of vegetable stock
- 600 ml coconut milk
- Olive oil

### What to do –

1. Finely dice the onion and set aside. Peel and crush the garlic and set aside. Grate the ginger (1 1/2 tablespoons) with a microplane and set aside. Finely chop the green chilli, removing all of the seeds.
2. Chop the cauliflower into florets and set aside. Peel and dice the potatoes and set aside.
3. Measure out 30 grams of ghee and place in a large saucepan over a medium heat. Add the onions and cook stirring for 5 minutes or until the onion softens. Add the garlic, ginger, chilli, cumin, coriander, garam masala and turmeric. Cook stirring for 2 minutes or until fragrant.
4. Add the cauliflower and potato to the onion mixture. Add the stock and bring to the boil. Reduce the heat to low and cook, stirring occasionally for 20 minutes or until the cauliflower is tender.
5. While the soup is cooking, thinly slice the purple cauliflower and set aside. Measure out 30 grams of ghee and heat in a small frying pan over a low heat. Cook the purple cauliflower for 3 minutes or until golden and tender.
6. Open the can of coconut milk and reserve 3 tablespoons of the coconut milk and set aside. Once the soup has cooked for 20 minutes, add the remaining coconut milk to the cauliflower mixture and stir to combine. Set aside to cool slightly.
7. Use a hand blender to blend the soup until smooth. Season with salt and pepper.
8. Divide the soup among 28 serving bowls. Drizzle each with the reserved coconut milk and olive oil. Top with a piece of purple cauliflower and chopped coriander leaves.

### Serves –

- 28 students.