

CAULIFLOWER SOUP

By Francesca Klottrup for the CNM Vegan Natural Chef Diploma Course at the College of Naturopathic Medicine.

SF GF NF

Serves 4

- 2 whole cauliflowers heads, outer leaves trimmed
- 30g (1/8 cup) coconut butter
- 250g (1 1/8 cups) potato (suitable for mashing e.g. King Edward, Maris Piper), peeled and diced.
- 1.2 ltrs vegetable stock
- 400ml (2 3/4 cups) full fat coconut milk
- 100ml (1/2 cup) coconut cream
- 2 tbsp ground cumin
- Juice of 1 lemon
- 2 onions, finely sliced
- 1 large bay leaf
- 1 large garlic clove, crushed
- Sea salt
- Cracked black pepper

For the garnish:

- 1 small cauliflower head, outer leaves trimmed
- 1 1/2 tbsp cumin seeds
- 240g (1 1/2 cups) pre-cooked chickpeas
- 1 tbsp ground coriander
- 1 tbsp curry powder (medium or hot heat)
- 3 tbsp cold pressed rapeseed oil (approx)
- 40g (3/4 cup) fresh coriander
- 150-200ml (3/4 cup) cold pressed rapeseed oil
- **Optional extras for garnish:**
- Dukkah, zaatar & sesame seeds
- Micro coriander
- Purple shiso

For the garnish

1 Pre-heat the oven to 200°C (Gas Mark 6, 400°F). Lightly oil two baking trays with rapeseed oil and put back in the oven to heat up the oil.

2 Cut the single cauliflower into small florets. Place on one pre-heated baking tray, seasoning generously and coating in cumin seeds. Bake for 15 minutes until cooked through and the edges turn lightly crisp (watch they don't burn). Once cooked transfer onto a plate.

3 Meanwhile, dry the chickpeas with some kitchen towel (ensures the outer edges go crispy). Place the chickpeas in a bowl,



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Photograph(y) by Juliet Klottrup.

season and add the curry powder and ground coriander, generously coating the chickpeas.

4 Place the chickpeas on to the second oven tray and bake for 30 minutes (stirring from time to time) until golden and crisp. When finished, allow to cool and transfer into a bowl.

To make the coriander oil

5 Place the coriander and a generous pinch of salt into a blender (the salt helps maintain the green colour). Add half of the 150ml oil, blend to combine the herb and oil. Then add the other half (may need extra) and blend on high speed for 30 seconds until a smooth vivid green oil is made. Decant into a glass jar – this can be kept refrigerated for 3-4 days.

For the soup

6 Melt the coconut butter in a large heavy based saucepan.

7 Sweat the onions until soft and translucent (add a splash of water if the onions look like they're starting to catch). Add the garlic and fry for a further minute.

Then add the cumin, bay leaf and potato, season and stir to coat the ingredients in the cumin.

8 Add the vegetable stock and coconut milk, bring to the boil, then turn down the heat and simmer for 10 minutes.

9 Cut the cauliflower into equal sized florets and add to the soup pan. Simmer for a further 10-15 minutes.

10 Allow the soup to cool for 5-10 minutes before transferring to a blender (it's not advisable to put piping hot liquids into blenders).

11 Blend the mix in batches and decant into a clean pan. Taste and adjust the seasoning (you may want to add the lemon juice to brighten the taste, or a pinch of curry powder to heat up the spicing), add half the coconut cream, saving the rest to garnish. Serve hot with the prepared garnish.

Per 100g

Calories 158, Fat 13g, Saturates 4.9g, Carbohydrates 6.3g, Sugars 2.3g, Protein 2.7g, Salt 0.21g