



Just Recipes.

Cauliflower, Parsnip and Apple Soup

Ingredients

Serves 6-8

1 tbsp	[15 ml]	extra-virgin olive oil
1		leek, white and pale green parts only, sliced
½ tsp	[2.5 ml]	ground coriander
½		cauliflower head, chopped (about 4 cups/400 g)
2		medium apples, a soft variety such as McIntosh, peeled and diced
4		parsnips, peeled and diced (about 1¼ cups/150 g)
4 cups	[1 L]	vegetable broth
½ tsp	[2.5 ml]	sea salt
¼ tsp	[1.25 ml]	ground white pepper

To serve

best-quality extra-virgin olive oil
fresh coriander leaves
crème fraîche



Method

In a large pot, heat the oil over medium heat and add the leeks. Cook the leeks gently until they are soft but not browned, lowering the heat if needed, about 5 minutes. Add the coriander and cook just until fragrant, about 30 seconds. Add the cauliflower, apples and parsnips and sauté for 2 minutes to coat the vegetables with the spice and blend in the flavors. Add the vegetable broth, season with salt and white pepper, and bring to a boil. Lower the heat and simmer for 20 minutes until the vegetables are soft.

Remove from heat and use an immersion blender to purée the soup, or cool slightly and purée in batches in a standing blender, transferring pureed soup to clean saucepan. Taste the soup and adjust the seasoning, if needed.

Serve with a drizzle of best-quality extra-virgin olive oil, a sprinkle of fresh coriander leaves and a spoonful of crème fraîche.