



this quiet dust...

HANDMADE CERAMICS BY DUBHE CARREÑO

Cauliflower Soup



Ingredients

- 1 medium head cauliflower
- 2 shallots, peeled and sliced into quarters
- 4 unpeeled garlic cloves
- 3 tablespoons extra-virgin olive oil
- 4 cups vegetable broth
- ½ tablespoon white miso paste
- ½ teaspoon Dijon mustard
- 1 tablespoon fresh lemon juice
- Sea salt and freshly ground black pepper
- Any greens for garnish, optional

Instructions

- Preheat the oven to 400°F and line a large baking sheet with parchment paper.
- Chop the cauliflower including the core pieces.
- Spread the cauliflower on the baking sheet and toss with a drizzle of olive oil and pinches of salt and pepper.
- Wrap the shallot and garlic cloves, along with a drizzle of olive oil and a pinch of salt, in a piece of aluminum foil and place it on the baking sheet with the vegetables. Roast for 30 to 35 minutes or until the cauliflower is browned around the edges.
- In a large pot, bring the vegetable broth to a low simmer. Add the roasted cauliflower, shallots, peeled garlic, and thyme and simmer, covered, for 15 minutes. Let cool slightly and transfer to a blender.
- Add the miso paste, mustard, the 3 tablespoons olive oil, and lemon juice. Blend until smooth. Season to taste with ¼ to ½ teaspoon more salt and more lemon juice. Garnish with microgreens, if desired, and serve.

Don't forget...put fresh flowers in a vase, set the table beautifully, get your best bowls out and make this and every meal a celebration of life!

Dubhe