

CREAMY CAULIFLOWER POTATO SOUP WITH INDIAN SPICES

Adapted from Madhur Jaffrey's Spice Kitchen

Serves eight as a starter or light main course

The original recipe calls for both chicken stock and heavy cream. We use vegetable stock and coconut milk instead, resulting in a luxurious, soothing, vegan soup.

INGREDIENTS

3 tablespoons refined coconut oil

2 medium onions, peeled and chopped

1 inch piece of fresh ginger, peeled and chopped

4 cloves garlic, peeled and chopped

1 teaspoon ground cumin

2 teaspoons ground coriander

1/4 teaspoon turmeric

1/8 to 1/4 teaspoon cayenne pepper

1 lb potatoes, peeled and cubed

1 head cauliflower, broken down into 2 inch pieces

6 cups vegetable stock

1 teaspoon salt, more if needed

1/2 teaspoon ground white pepper, more if needed

1 14-ounce can coconut milk

Chopped cilantro

Sriracha to taste

METHOD

Heat oil in a large stock pot. Add onions, ginger, and garlic, and saute for about four minutes, until the onions just begin to color. Add the cumin, coriander, turmeric, and cayenne. Stir for about 1 minute and add the potatoes, cauliflower, and stock. Add salt and pepper, bring to a simmer, lower heat and cook until the potatoes and cauliflower are tender.

Turn off heat and stir in the coconut milk. Using a submersion blender, blend thoroughly. If using a traditional blender, work in batches. For an extra smooth texture, pass the soup through a sieve. Adjust seasoning. To serve, garnish with chopped cilantro and a drop of sriracha.