



UCCOOK

Pam's Cauli & Truffle Soup

with crispy sourdough rounds

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Pam Hewitt

Wine Pairing: Delheim Wines | Delheim Chenin Blanc
(Wild Ferment)

Nutritional Info

	Per 100g	Per Portion
Energy	565kJ	3839kJ
Energy	135kcal	918kcal
Protein	3.7g	25.2g
Carbs	15g	104g
of which sugars	3.6g	24.7g
Fibre	1.7g	11.4g
Fat	6.5g	44.2g
of which saturated	3.5g	23.7g
Sodium	142mg	965mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice ½ [1]</i>
7,5ml	15ml	Medium Curry Powder
200g	400g	Cauliflower Florets <i>cut into bite-sized pieces</i>
100ml	200ml	Low Fat Fresh Milk
100ml	200ml	Fresh Cream
5ml	10ml	Truffle Oil
1	1	Sourdough Baguette <i>slice into rounds</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Blender

Butter (optional)

Seasoning (salt & pepper)

1. THE BASE Place a pot (with a lid) over medium heat with a drizzle of oil. When hot, fry the onion and ½ the curry powder until golden, 4-5 minutes (shifting occasionally). Add ¾ of the cauliflower and fry with the lid on until beginning to brown, 2-3 minutes (shifting occasionally).

2. ADD THE CREAMY Once the cauli and onion mix is done, lower the heat and pour in the milk, the cream, and 100ml [200ml] of water. Simmer until softened and slightly reduced, 8-10 minutes.

3. SILKY SMOOTH Pour the creamy cauli mixture into a blender. Pulse until smooth and pour back into the pot. Season and stir through ½ the truffle oil. Add a splash of water if the soup is too thick. Cover and set aside.

4. CURRIED CAULI Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the remaining cauliflower with the remaining curry powder (to taste) until lightly charred, 5-6 minutes. Remove from the pan and season.

5. GOLDEN SOURDOUGH Spread butter (optional) or oil over the sourdough rounds. Return the pan to medium heat. When hot, toast the sourdough until golden, 1-2 minutes per side. Warm up the soup before serving (if necessary).

6. SOUP'S UP! Bowl up a hearty helping of the cauliflower soup. Pile on the curried cauli pieces and drizzle over the remaining truffle oil. Garnish with the parsley. Serve the toasted sourdough rounds alongside for dipping!