



## Cauliflower and Nutmeg Soup

The humble caulie (*Brassica oleracea*) forms the foundation for a delicious soup that will impress your family or guests and leave wondering what you have for them next. Since cauliflower prices are ridiculously low when this vegetable is in season you can create this masterpiece at very low cost.

*Serves 4*

### Ingredients

2 onions  
4 cloves garlic  
2 small or 1 large cauliflower  
4 potatoes  
1 litre vegetable stock  
1 litre chicken stock water  
1 tspn ground nutmeg  
1/2 tspn ground cinnamon  
Sea salt & cracked black pepper  
Olive oil

### Method

Slice onions and garlic. Chop cauliflower into large flowerettes. Peel and quarter potatoes.

Add olive oil to large stock pot and heat sautéing onions and garlic until the onion is translucent.

Add cauliflower and potatoes, cinnamon and nutmeg. Add stocks and extra water to cover. Season with salt and pepper.

Bring to boil and simmer on low for 1 hour.

Cool and then blend in a food processor or with a bamix for a smooth consistency.

Serve with a garnish of ground nutmeg sprinkled on top and a sprig of parsely. For a treat add a dollop of sour cream and give it a one-turn stir before garnishing.

*Some of these recipes have been presented by Pip on 'Vasili's Garden' lifestyle television program on Melbourne's Channel 31. Pip appears courtesy of Pip's Cooking School.*

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