

# J. Rickards Winery



## CREAMY CAULIFLOWER SOUP

Prep time: 20 min | Cook time: 1 hr | Total time: 1 hr 10 min | 8 servings  
Recommended wine pairing: **J. Rickards Sauvignon Blanc**

### INGREDIENTS

1.5 lb cauliflower, separated into florets, stems roughly chopped  
2 tbsp. coconut oil  
2 tbsp. cumin of your choice  
1 tsp salt

### For the Soup

1 onion finely chopped  
4 garlic cloves minced  
2 tsp crushed ginger  
1 tbsp. curry powder (or Garam Masala)  
½ tsp chili powder  
6 cups veggie stock/broth  
salt and pepper to taste  
1 can full fat coconut milk (optional)

### DIRECTIONS

- 1 Preheat the oven to 400°F.
- 2 Toss the cauliflower with the oil, Cumin and salt.
- 3 Spread onto a large, greased sheet pan and roast for 20-30 minutes or until the stems are fork-tender.
- 4 To make the soup, sauté the onion until soft and translucent. Add the ginger and garlic and cook for another 30 seconds.
- 5 Add the cauliflower and spices and cook for a minute or two, stirring to coat the cauliflower in the aromatics.
- 6 Pour in the veggie stock and coconut milk, if using, season with salt and pepper and allow to simmer until the cauliflower is tender.
- 7 Blend until smooth, adjust seasoning and serve.