
Cauliflower Soup

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Party Recipes from the Charleston Junior League - 1993

1 head cauliflower
3 cups chicken stock or broth
4 tablespoons butter
5 tablespoons unbleached all-purpose flour
salt (to taste)
white pepper (to taste)
dash ground nutmeg
1 to 2 cups milk

Trim away the thick stalk of the cauliflower and chop the florets and small stems into pieces about 1/2 inch thick in diameter.

In a large saucepan, bring the stock to a boil. Add the cauliflower. Cook until tender, about 10 minutes. Let cool and puree' in batches in a blender or food processor.

In another large saucepan, melt the butter. Add the flour and cook over low heat, stirring constantly, for 3 minutes. Slowly add the cauliflower mixture, stirring to incorporate. Add the salt, pepper and nutmeg. Thin to the preferred consistency with the milk. Serve immediately or refrigerate and reheat over low heat, without letting the soup come to a boil.

Yield: 6 to 8 servings

Appetizers, Soups, Chili, Stew

Per Serving (excluding unknown items): 581 Calories; 54g Fat (81.9% calories from fat); 10g Protein; 17g Carbohydrate; 3g Dietary Fiber; 157mg Cholesterol; 618mg Sodium. Exchanges: 1 Vegetable; 1 Non-Fat Milk; 10 1/2 Fat.