

A Sutherland Belle

Creamy Roasted Cauliflower Garlic Soup

INGREDIENTS

- 1 large head garlic
- 4 tablespoons olive oil, divided
- Kosher salt, freshly ground black pepper, and dash of red pepper flakes
- 2 large heads cauliflower, cut into florets
- 1 onion, diced
- 5 cups chicken or vegetable stock (or more later depending on preference)
- 4 large fresh thyme sprigs
- 2 bay leaves
- 1 cup heavy cream

INSTRUCTIONS:

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Cut the head of garlic, about 1/4-inch, to expose the tops of garlic cloves. Place garlic head, cut side up, in a sheet of foil. Drizzle with 1 tablespoon olive oil; season with salt and pepper, to taste. Fold up all 4 sides of the foil and cover tightly.
3. Place cauliflower florets in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil; season with salt and pepper, to taste. Gently toss to combine. Place garlic onto the baking sheet.
4. Place into oven and roast until cauliflower and garlic are tender and golden brown, about 30-35 minutes. Let cool before squeezing cloves from the skin.
5. Heat remaining 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in vegetable stock, thyme, and bay leaf. Bring to a boil; reduce heat and simmer, covered, for 5 minutes.
6. Stir in cauliflower and garlic. Bring to a boil; reduce heat and simmer, covered, until cauliflower is tender and falling apart, an additional 10 minutes. Puree with an immersion blender until desired consistency is reached.
7. Stir in heavy cream; season with salt and pepper, to taste. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached.
8. Serve immediately.

Homemade Croutons

- 4 ounces ciabatta or crusty sourdough bread, preferably stale
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon fine sea salt
- ¼ teaspoon cracked black pepper

INSTRUCTIONS:

1. *To make the croutons:* Preheat the oven to 425 degrees Fahrenheit. If desired, line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. Slice your bread* into 1-inch cubes and place them on the baking sheet. Drizzle the cubes with the olive oil, sprinkle them with the salt, and toss until thoroughly combined. Bake until deeply golden, about 7 to 10 minutes.