

Cauliflower Soup with Cinnamon Apples and a Smoky-Sweet Pecan Topping

Recipe By Rivki Rabinowitz



Cooking and Prep:  1
h 20 m

Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Tu-Bishvat

Diet: Vegetarian, Pescetarian,
Gluten Free

For me, comfort food can easily be defined as something that evokes nostalgia; a memory driven taste that warms the soul as it does the palette. Cauliflower soup is a classic: good enough to stay as is, but basic enough to jazz up with some accoutrements. Here I give you that blank canvas, and some fun ideas to garnish.

Who says your soup needs to be loaded with starchy vegetables? When prepared thoughtfully, cauliflower yields a rich and creamy texture. Combine the textures of nuts, the brightness of apples, and this is comfort and excitement all at once

Ingredients (23)

Soup

- 4 cups cauliflower, or 1 medium head
- 2–3 tablespoons oil, plus more for drizzling
- Haddar Kosher Salt**

- freshly ground **Gefen Pepper**
 - 1 small fennel bulb, chopped
 - 1 small onion, chopped
 - 1/3 cup water
 - 6 cups **Empire Chicken Broth**
 - 1/2 – 1 cup almond milk creamer
 - 2 bay leaves
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Cinnamon Apple Garnish

- 2 hard Granny Smith apples
 - 1/2 lemon, juiced
 - 1/2 tablespoon cinnamon
 - 1 tablespoon coconut sugar
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Smoky Pecan Crumb Garnish

- 1 and 1/2 tablespoons **Gefen Olive Oil**
 - 1/2 cup pecans
 - 1 cup **Heaven & Earth Organic Riced Cauliflower** (or blitz cauliflower in your food processor or very finely chop)
 - 1 teaspoon smoked paprika
 - pinch of cayenne pepper
 - 1 tablespoon maple syrup
 - salt, to taste
 - pepper, to taste
 - 1 tablespoon chopped fresh parsley, 1 tablespoon chopped fresh thyme, or 1/2 cup sage
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Start Cooking

Roast the Cauliflower

1. Preheat oven to 400 degrees Fahrenheit.
2. Toss cauliflower and two tablespoons oil on a baking sheet. Season with salt and pepper.
3. Roast, tossing once, until cauliflower is golden and tender, 30–35 minutes if using a fresh head, about 17 minutes if using from frozen.

Prepare the Soup

1. In a pot, cook fennel and onion in about one tablespoon oil until they are very soft, eight to 10 minutes. Add water and cook until mostly evaporated, about five minutes.
2. Add roasted cauliflower, broth, almond milk creamer, and bay leaves; season again with salt and pepper.
3. Bring to a boil, reduce heat, and simmer until cauliflower is very tender, 20–25 minutes. Pluck out bay leaves; discard. Let mixture cool slightly.
4. Working in batches, purée cauliflower mixture until very smooth. Strain back into pot; season with salt and pepper.

For the Cinnamon Apple Garnish

1. Slice apples into matchsticks. Season with lemon juice, cinnamon, and coconut sugar.

For the Smoky Crumb Topping

1. Heat two tablespoons of olive oil in a pan to a medium heat.
2. Add all remaining ingredients, except for sage/parsley/thyme, and fry for seven minutes, stirring often. You want the crumb to be crispy and deep in flavor.

To Serve

1. Ladle soup into bowls; top with apples and smoky nut mixture, crispy sage, or chopped parsley or thyme.