

Curried Cauliflower Soup

from In Our Grandmothers' Kitchens

Ingredients:

1 small to medium (or 1/2 large) cauliflower
2 large carrots
1 large onion
2 cloves garlic
olive oil as needed for roasting
1 quart chicken or vegetable broth
curry powder to taste (if it is hot, use 1/2 teaspoon; if mild, at least 1 teaspoon)
1 teaspoon cumin seed
salt to taste
1 tablespoon honey
the juice of 1/2 lemon, plus more juice to taste
Greek yogurt for garnish (optional; even better if you put some chopped chives and parsley in it)
chopped roasted cashews for an additional garnish

Instructions:

Preheat the oven to 425 degrees. Roughly chop the cauliflower, carrots, and onion. Toss those vegetables in a small amount of oil, and place them on a rimmed cookie sheet. Place the garlic cloves on a small sheet of aluminum foil, drizzle a little olive oil on top, and close the foil around the garlic. Place the covered garlic on the cookie sheet as well, and roast the vegetables for 1/2 hour, stirring and turning them after 15 minutes.

After removing the vegetables from the oven open the pouch of garlic and smash the cloves. Place all the vegetables in a 5-quart Dutch oven. Stir in the broth, curry powder, cumin, salt, and honey.

Bring the soup to a boil; then reduce the heat, cover the pot, and simmer the soup for 1/2 hour. When it has finished cooking, blend it with an immersion blender. (You may also use a regular blender, but in that case blend it in very small batches and watch out for burning.) Just before serving stir in the lemon juice. Adjust seasonings to taste.

Serve with a dollop of Greek yogurt and a few cashew pieces if you like. Serves 4 to 6.