



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Cauliflower

Rainbow Cauliflower Soup

Ingredients:

5 cups cauliflower in a variety of colors, cut into bite size pieces
3 potatoes, medium diced
1 yellow onion, diced small
3 cups vegetable stock
3 sprigs rosemary, roughly chopped
2 tsp olive oil
1 tsp salt
1 clove garlic, minced
salt and white pepper, to taste
Steamer basket

Directions:

Place the steam basket in a pot large enough that the basket spreads open touching the edges of the pot. You don't want the cauliflower falling over the sides into the water. Fill with enough water to reach the bottom of the steam basket, about an inch deep. Turn the heat setting to med high bringing the water to a slow boil. Place the cauliflower into the basket. Sprinkle with a little salt. Cover and let steam for about 10 minutes. You can do this in multiple batches if your steam basket isn't large enough to hold all the cauliflower. When fully cooked, remove the lid so the cauliflower cools.

In a separate pot, heat the olive oil. Add the diced onion. Cook until translucent. Add the garlic, and cook for another 30 seconds. Sprinkle in a little salt and white pepper. Add the vegetable stock and potatoes. Cook until the potatoes are tender, about 10-15 minutes. Take a submersion blender and puree the potato mixture until smooth. Add the rosemary. Add salt, and white pepper to taste. Cook for another 10 minutes over low-medium heat. Lastly, stir in the rainbow cauliflower.

*If you decide you want to use purple cauliflower, you'll want to cook the cauliflower in hot water first. Drain it in a colander. Then run cold water over it before adding to the soup. Purple cauliflower will bleed so if you don't take the extra steps, you'll end up with purple soup.