

Cauliflower Soup

Ingredients

- 1 cauliflower, roughly chopped
- 1 stick butter, divided use
- ½ onion, finely diced
- 1 carrot, finely diced
- 1 celery stalk, finely diced
- 1 Tbsp parsley, minced
- 8 cups low-sodium chicken broth
- 6 Tbsp all-purpose flour
- 2 cups whole milk
- 1 cup Half and Half
- 1 tsp of salt
- 1 tsp ground black pepper

Directions

Melt ½ stick of butter in a heavy pot over medium heat. Add onions and cook to translucent, about 3 minutes. Add carrots and celery, stirring for a couple of minutes. Toss in cauliflower. Stir it around, cover and cook for 15 minutes.

Add parsley and chicken broth and simmer 10 minutes.

Meantime, make a simple white sauce. Melt remaining ½ stick of butter over medium heat, whisk in flour. Cook for a couple of minutes. Pour in milk, whisking to combine. Remove sauce from the heat, pour in the Half and Half. Combine the cauliflower mixture with the creamy mixture in a pot, add 1 tsp salt and pepper to taste. Simmer for 20 to 30 minutes. The soup will thicken slightly, but should not be overly thick. Add more salt, if needed.

Cauliflower Chocolate Ganache

Ingredients

- 1 head cauliflower (about 3 to 4 cups)
- 8 cups semi-sweet chocolate chips
- 7 cups heavy cream
- 1 Tbsp vanilla
- ¼ cup sugar (optional)

Directions

Cut the cauliflower into florets, then steam for 20 minutes.

While you steam the cauliflower – Place the chocolate chips in a large mixing bowl. Set aside. Bring the heavy cream to a boil over medium-high heat. (If you want a sweeter ganache, add the optional sugar to the heavy cream before boiling). Once the cream comes to a rolling boil, pour it over the chocolate chips and cover with plastic wrap.

Once the cauliflower is ready, allow it to cool in the steamer uncovered for a few minutes then puree in a blender. The florets should be warm but cool enough to hold in your hand. If you puree the cauliflower while it is too hot, it may be holding excess water which will not ruin your recipe, but will cause you to adjust the amount of the other ingredients. Add the pureed cauliflower to the mixing bowl, whisk the melted chocolate chips, cream and cauliflower together until incorporated.

Place it in the refrigerator for 30 minutes to set.

*Refrigerated ganache can be scooped to make chocolate truffles. If you want to use this recipe to ice a cake or use as a dip, take the ganache out of the refrigerator a couple of hours before you need to use it (allowing it to come to room temperature), then whip it slightly for easier spreading.

Cauliflower Gingerbread

Ingredients

- 1 Tbsp vanilla extract
- 3 cups cauliflower (1 head), riced
- 1 cup molasses
- ½ cup milk
- 1 egg
- 1 Tbsp cinnamon
- 1 Tbsp cloves
- 1 Tbsp ginger, grated
- 2 cups flour
- 1 tsp baking soda
- ½ tsp salt
- 2 tsp baking powder
- 1 cup brown sugar

Directions

Preheat your oven to 350 degrees. Grease a 9-inch baking pan. Set aside.

Combine vanilla, cauliflower, molasses, milk, and egg in a food processor and blend until smooth. In a medium-sized bowl, combine cinnamon, cloves, ginger, flour, baking soda, salt, baking powder, and brown sugar until combined. Pour the wet ingredients into the bowl with your dry ingredients. Mix until well combined, but do not over mix. Pour batter into the prepared pan. Bake for 35-40 minutes or until a toothpick inserted comes out clean. Let cool in the baking pan for 10 minutes before cutting into squares.