

Cauliflower Soup

Makes 30 tastes in the classroom or 6 at home

Equipment:	Ingredients:
Clean tea towel Chopping board Cook's knife Large stockpot Wooden spoon Micro-plane grater Measuring spoons, cups and jug Stick blender Ladle Bowls for serving	4 onions, roughly chopped 6 garlic cloves 4cm knob ginger, finely chopped or grated 4 celery sticks, roughly chopped 1 cauliflower, roughly chopped 4 fresh kaffir lime leaves, torn 2 tsp green curry paste 2L veg stock 400ml coconut milk 1 handful of coriander from the garden, finely chopped 1 cup reduced fat or regular cream (optional) salt and pepper to taste

What to do:

- Prepare all of the ingredients based on the instructions in the ingredients list.
- Fry off the onion, garlic, ginger, celery, cauliflower and the kaffir lime leaves in a large pot with the oil.
- Add the curry paste and cook until fragrant.
- Stir in the stock and coconut milk, and simmer for 15-20 minutes.
- Remove a cup of the liquid and set aside.
- Add the coriander cream (if using) to the soup.
- Blend the soup with a stick blender.
- Add the reserved liquid if the soup is too thick.
- Taste and add salt and pepper as needed.
- Ladle the soup into bowls to serve.