

Cauliflower Soup

Makes 30 tastes in the classroom or 6 at home

Equipment: 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	Ingredients: 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
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What to do:

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