

Cauliflower Soup

1 medium onion, chopped

1 leek, cleaned and chopped (white and light green parts only)

1 t salt

1½ T butter

1 cauliflower (about 2 lbs. trimmed, cut in half, and sliced into ½ inch pieces)

4½ c water



In a large pot, sweat the onions and leeks with the butter for about 5 minutes with the salt. Add half of the cauliflower, along with the stem which you've peeled and sliced, and the water. Bring to a boil and then simmer for 15 or 20 minutes. Add the rest of the cauliflower, and simmer for another 15 minutes. Blend the soup with an immersion blender until smooth.

When thinking like a weight-watcher, the only thing that you have to calculate, points-wise is the butter. Since this recipe makes about 6 servings, that works out to about 2 points a serving. Note: Don't be tempted to replace the butter with bacon drippings, or the water with chicken stock – the soup is pretty delicate, and the strong flavors of these two items will overwhelm the subtle flavors of the cauliflower.

This recipe is based on an article in the September, 2013 issue of Cooks Illustrated. The reason why this recipe works, apparently, is the two stage cooking method. Cooking cauliflower for 15 minutes brings out the bright, pungent, cabbage-like flavors, while cooking it for 30 minutes brings

out its nutty side. By splitting it up, you get the best of both worlds, but since neither flavor is going to knock you out, you can't use other overpowering flavors, like garlic, bacon drippings, or chicken stock. And the beauty of the cauliflower is that when blended, you get all the satisfying feeling of a creamy soup without adding any cream.

The Cook's Illustrated recipe goes on to have you add another 5 or so tablespoons of browned butter, plus some little bits of cauliflower sauteed in it, with a touch of sherry vinegar, but since I'm watching my weight, I eschewed the extra butter for a lower calorie soup.