



JERNEJ KITCHEN

CAULIFLOWER SOUP WITH DRIED PEARS AND SEEDS

This dish is simple to make, it's full of flavors and delicious.

SERVES 6 PEOPLE
PREPARATION: 80 MINUTES

CAULIFLOWER SOUP WITH DRIED DRIED PEARS AND SEEDS

- 100 g butter, unsalted
- 1 cauliflower (approx. 800g / 28 oz.)
- 50 g dried pears
- 1 tbsp sesame seeds
- 1 tbsp flax seeds
- 1 handful of walnuts
- 500 g full fat milk
- 1 pinch of ground nutmeg
- 1 pinch of cayenne pepper

TOOLS AND EQUIPEMENT

- saucepan
- casserole with a lid
- kitchen knife
- cutting board
- immersion blender

BROWN BUTTER AND ROASTED CAULIFLOWER

Preheat the oven to 180 °C / 355 °F. Melt the butter over medium heat, swirl the pan occasionally. When you smell a nutty aroma and the butter becomes brown (but not burnt) take the pan off the heat. Clean the cauliflower and place it in a large casserole. Pour over the browned butter over the cauliflower. Place a lid on the casserole and place in the oven. Bake for 1 hour and 15 minutes or until the cauliflower is all soft and tender.

PEAR, SEEDS AND WALNUTS

Chop the dried pears and walnuts. Put them into a small bowl and combine them with sesame seeds and flax seeds.

SERVE

Remove the cauliflower from the oven and chop it roughly. Return to the casserole, add the milk, 700ml of boiling water and blend well, using an immersion blender. Season to taste with salt and pepper, add a pinch of ground nutmeg and a pinch of cayenne pepper. Serve with a mixture of dried pears, seeds and walnuts. You can also add a dollop of sour cream. Enjoy.