



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Cauliflower and Sake Soup

Ingredients

15ml/1 tablespoon(s) oil
1 onion, chopped
1 head(s) cauliflower medium size, cut into florets
120ml sake
720ml chicken stock
Salt
Pepper
Lemon juice – 1 or 2 lemons
Milk (optional)

Cold pressed Rapeseed oil for cooking



Method

In a medium saucepan, melt butter over medium heat. Add onions and cook until tender, stirring to prevent browning. Mix in cauliflower and sake, bringing to a simmer. Add chicken stock (use water is vegetarian) and simmer, covered, until cauliflower is soft, approximately 30 minutes.

When tender, allow to cool slightly and puree in blender until smooth. Strain through a fine-mesh sieve. Season to taste with salt, pepper, and lemon juice. Cool. When chilled, adjust consistency with either cream, milk or water. Check for taste and season if needed.

Serve chilled soup in a shot glass or serve warm in a small bowl or coffee cup.

This soup can be served as a cold appetizer in shot glasses which makes an unusual way to start a dinner party. Add some mint or basil leaves as decoration.

If serving as a hot soup then serve with a sprinkling of chopped parsley on the top and crusty bread to accompany the soup.

The sake lifts the flavour and removes the slight bitterness that cauliflower can sometimes have.

Other information

Serves 12 in shot glasses or 4 in bowls
Preparation time – 20 minutes
Cooking time – 30 minutes