

Roasted Cauliflower Soup with Pine Nuts, Grapes and Avocados



Serves 4

Preparation

1. In a pot, melt the butter until it turns hazelnut brown, then lightly sauté the onions and cauliflower. Deglaze with the chicken stock and milk, and simmer for 30 minutes.
2. Season the mix, then pass it through the blender. Pour into soup bowls and garnish with pine nuts, grapes and diced avocados.

Ingredients

- 45 ml unsalted butter
- 1 small onion, thinly sliced
- 750 ml cauliflower, cut into pieces
- 500 ml chicken stock
- 200 ml milk
- Salt and pepper to taste
- 1 avocado, diced
- 12 teaspoons toasted pine nuts
- ¼ cup fresh red grapes, sliced

Chef's Tip

This soup is also delicious served cold in summer!

Credit

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