

Soup, again?!

I just love soup. My reputation as the soup advocate precedes me. Nieces and nephews, typically happy to stay and continue playing, politely hesitate when the invitation includes dinner. "What are we having for dinner?" they ask, fearful that I may not just order pizza but try to convert them to the 'soup cause'. Every spoonful is like a donation and each empty bowl is one step closer to membership in the soup lovers' faction.

I am not really that fanatical but I do feel a nice warm bowl of soup is good for the heart and the soul. Because soup can only be eaten by the spoonful, there is more time enjoying undistracted conversation among us.

Here's a recipe that my family and I enjoy immensely. We enjoy this flavourful soup when we don't want to sit down to a full meal. It's a must try! Pass it on.

Cream Of Cauliflower And Red Lentil Soup

Ingredients:

- 2 tbsp butter
- 1 large onion, chopped
- 1 leek, chopped
- 1 stalk celery, diced
- 2 large carrot, diced
- 2 cloves garlic, roughly, sliced
- 1/2 cauliflower, small, head, cut into small flowerets
- 1/2 cup red lentils, rinsed, and, picked over
- 1 bay leaf
- 1/2 tsp toasted whole cumin seeds, ground
- 1 pinch ground allspice
- 1/4 tsp turmeric
- 8 cups chicken stock
- salt, to taste
- freshly cracked black pepper, to taste
- 1/2 cup thirty-five percent cream
- 1 pinch ground cardamom
- 1/2 lime, juice of
- coriander, for garnish

Directions:

1. In a large pot sauté onion in butter on medium heat until golden. Add the leek, celery, carrots, garlic and continue to cook for a further 4 to 5 minutes or until vegetables are just golden.
2. Add remaining ingredients, except cream, cardamom, limejuice and coriander and bring to a boil. Cover and reduce heat to low. Simmer the soup for 30 minutes or until cauliflower is tender. Add the cream, cardamom and limejuice. Remove lid and continue to simmer for a further 15 minutes. Adjust seasoning.
3. Sprinkle with chopped coriander and serve.
4. Serve with bread and a salad. Enjoy!

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