

Cauliflower Soup

Creamy roasted cauliflower soup that's dairy-free and vegan. Rich caramelized flavors from oven-roasted cauliflower in a silky smooth, healthy soup.

15 min

PREP

45 min

COOK

1h

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Cauliflower Soup

Ingredients

- 1 cauliflower
- 1 onion
- 2 clove garlic
- 3 tbsp olive oil
- 1 tbsp unsalted butter
- 4 cup vegetable broth
- 1 tbsp fresh lemon juice
- 5 sprig oregano
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the cauliflower**

Preheat your oven to 220°C (425°F). Cut 1 large head cauliflower into uniform 2.5cm (1-inch) florets, including tender stem pieces.
- 2** Toss the cauliflower pieces with 2 tablespoons olive oil and season generously with salt and pepper. Spread in a single layer on a parchment-lined baking sheet.
- 3** Roast for 25-30 minutes until the edges are golden brown and the pieces are fork-tender. Reserve about 125ml (1/2 cup) of the nicest pieces for garnish and set aside.
- 4 Build the soup base**

Heat 1 tablespoon olive oil and 1 tablespoon butter in a large heavy-bottomed pot over medium heat until the butter stops foaming.
- 5** Add 1 diced onion and cook for 4-5 minutes, stirring occasionally, until soft and translucent. Add 2 minced garlic cloves and cook for 30 seconds until fragrant.
- 6** Add the remaining roasted cauliflower, 4 cups vegetable broth, and 5 fresh thyme sprigs. Bring to a boil over high heat.
- 7** Reduce heat to maintain a gentle simmer, cover, and cook for 15 minutes until the cauliflower breaks apart easily when pressed with a spoon.

8 **Blend and finish**

Remove the thyme sprigs and let the soup cool for 5 minutes. Using an immersion blender, blend until completely smooth and creamy, about 2-3 minutes.

9 Stir in 1 tablespoon fresh lemon juice and season with 1 teaspoon salt and 1 teaspoon black pepper, adjusting to taste. Add more broth if needed to reach your preferred consistency.

10 Ladle the soup into bowls and garnish with the reserved roasted cauliflower pieces and fresh thyme leaves. Serve immediately while hot.

Tips

- Cut cauliflower into uniform pieces to ensure even roasting and prevent some pieces from burning while others remain undercooked.
- Don't overcrowd the baking sheet when roasting - give cauliflower space to caramelize properly rather than steam in its own moisture.
- Save some perfectly roasted cauliflower florets before adding to the soup to use as an elegant garnish that adds textural interest.
- Strain the cauliflower from cooking liquid before blending for better texture control and to prevent over-thinning the final soup.
- Let the soup cool for 5-10 minutes before blending to prevent dangerous splattering and achieve smoother results.
- Taste and adjust seasoning after blending, as the salt and pepper flavors can become diluted during the blending process.
- Use vegetable broth instead of water for deeper flavor, or mix half broth and half water for a lighter but still flavorful base.
- Add lemon juice at the end of cooking to preserve its bright acidity and prevent it from becoming dull during the cooking process.