

Milky Cauliflower Soup

Creamy roasted cauliflower soup recipe with milk. Easy homemade soup that's healthy, vegetarian, and perfect for cozy meals. Vegan-friendly options included.

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Milky Cauliflower Soup

Ingredients

- 1 cauliflower
- 2 cup milk
- 1 onion
- 1 tbsp flour
- 1 tbsp pepper paste
- 1 tbsp butter
- 2 tbsp olive oil
- 1 tbsp salt
- 1 tbsp dry mint

Instructions

- 1 Prepare the cauliflower**

Preheat oven to 200°C (400°F). Cut 1 head of cauliflower into uniform florets about 2 inches in size. Arrange in a single layer on a large baking sheet.
- 2** Roast the cauliflower for 25-30 minutes until tender when pierced with a fork and golden-brown on the edges.
- 3 Start the aromatic base**

Heat 1 tablespoon olive oil and 1 tablespoon butter in a large heavy-bottomed pot over medium heat until the butter melts and starts to foam.
- 4** Add 1 diced onion and cook, stirring occasionally, until golden brown and caramelized, about 8-10 minutes.
- 5 Build the flavor base**

Add 1 tablespoon flour and 2 tablespoons pepper paste to the onions. Stir constantly for 2 minutes until the flour is cooked and the mixture is fragrant.
- 6** Add 1 tablespoon minced garlic, 1 tablespoon dried mint, and salt to taste. Stir well and cook for 30 seconds until fragrant.
- 7 Combine and simmer**

Add the roasted cauliflower to the pot along with 2 cups milk. Bring to a gentle simmer and cook for 10 minutes, stirring occasionally.

8 **Blend and finish**

Remove from heat and use an immersion blender to puree until completely smooth and creamy, about 2-3 minutes. Taste and adjust seasoning with salt and pepper as needed.

9 Serve immediately in warmed bowls. Garnish with a drizzle of olive oil, fresh herbs, or croutons if desired.

Tips

Roast cauliflower at 400°F (200°C) until edges are golden brown and florets are tender – this caramelization is key to developing deep, complex flavors in your soup.

Don't rush the onion-browning step; properly caramelized onions add natural sweetness and depth that forms the flavor foundation of the entire soup.

Use an immersion blender to puree the soup while it's hot for the smoothest texture, or blend in batches using a regular blender with the lid slightly ajar to prevent pressure buildup.

If your soup becomes too thick, gradually whisk in warm milk rather than cold to prevent temperature shock and maintain the creamy consistency.

Season with salt at the end of cooking rather than the beginning – cauliflower's flavors concentrate during roasting, and early salting can lead to over-seasoned results.

For extra richness, replace up to half the milk with heavy cream, or stir in a pat of butter just before serving for restaurant-style finish.

Make a roux with butter and flour before adding liquid ingredients if you want a thicker soup base that won't separate during storage or reheating.

Taste and adjust seasoning after blending – the pureeing process can dilute flavors, so you may need to add more salt, pepper, or herbs to achieve the perfect balance.