

Sütlü Karnabahar Çorbası

Creamy cauliflower soup with milk - a comforting Turkish recipe with roasted cauliflower, onions, and aromatic herbs. Easy to make and perfectly smooth.

15 min

HAZIRLIK

30 min

PIRME

45 min

TOPLAM

4

PORSİYON

Medium

ZORLUK

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Malzemeler

- 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

Yapılışı

- Prepare the cauliflower**

Cut 1 head of cauliflower into medium-sized florets. Bring a large pot of lightly salted water to boil and cook the cauliflower florets until tender when pierced with a fork, about 8-10 minutes.
- Drain the cauliflower and return it to the pot.** Add 2 cups milk and bring to a gentle simmer over medium-low heat. Cook for 10 minutes, stirring occasionally, to allow the flavors to meld.
- Make the aromatics base**

Heat 1 tablespoon olive oil and 1 tablespoon butter in a large skillet over medium heat. Add 1 diced onion and cook, stirring frequently, until golden brown and caramelized, about 8-10 minutes.
- Add 1 tablespoon flour and 2 tablespoons tomato paste to the caramelized onions.** Stir constantly for 2 minutes until the flour is cooked and the mixture is fragrant.
- Season the onion mixture with 1 tablespoon dried mint, salt, and pepper to taste.** Cook for another 30 seconds to bloom the spices.
- Combine and blend**

Pour the hot onion mixture into the pot with the cauliflower and milk. Stir well to combine all ingredients evenly.
- Using an immersion blender, blend the soup directly in the pot until completely smooth and creamy, about 2-3 minutes.** Alternatively, transfer to a regular blender in batches and blend until smooth.

- 8 Taste and adjust seasoning with additional salt, pepper, or mint as needed. If the soup is too thick, add a little more milk to reach desired consistency.
- 9 Ladle the hot soup into bowls and serve immediately with crusty bread or homemade croutons.

?puçlar?

Roast the cauliflower at 400°F (200°C) until edges are golden brown for the best flavor - this prevents bitterness and adds natural sweetness.

Don't rush the onion cooking process. Properly caramelized onions add crucial depth to the soup's flavor profile.

Use an immersion blender for the smoothest texture, blending in small circles and moving throughout the pot to ensure even consistency.

If the soup becomes too thick, thin it gradually with warm milk or broth rather than cold liquid to maintain temperature and texture.

Season the soup at the end of cooking - cauliflower can taste bland until properly seasoned with salt and herbs.

For extra richness, substitute half the milk with heavy cream or add a tablespoon of cream cheese while blending.

Make a roux with butter and flour first if you want a thicker consistency - this prevents lumps and creates a silkier base.

Fresh nutmeg pairs beautifully with cauliflower - add just a pinch for an aromatic finish.