

Cauliflower and Gruyere Soup

- 1 large head of cauliflower, cut into florets
- 1 onion, diced
- 2 cloves garlic, sliced
- 1 L vegetable or chicken stock
- 250 grams shredded Gruyère cheese
- 2 tablespoons butter
- Salt and pepper to taste
- Fresh parsley, chopped, for garnish (optional)

Rinse the cauliflower under cold water and cut it into small florets. Discard the tough stem end, but keep the most of the tender stem.

Melt the butter in a large pot over medium heat. Add the onion and garlic. Sauté until the onions are translucent and fragrant, about 3-4 minutes. Avoid any colouration.

Add the cauliflower florets to the pot and pour in the vegetable or chicken broth. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 15-20 minutes, or until the cauliflower is tender and easily pierced with a fork.

Once the cauliflower is cooked, use an immersion blender to purée the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until smooth. Be cautious when blending hot liquids.

Add the shredded Gruyere cheese and blend for several minutes until very smooth

Season with salt and white pepper. Adjust the consistency by adding more broth or milk if desired.

Ladle the cauliflower and Gruyere soup into bowls. Garnish with freshly chopped parsley and a big drizz of EV olive oil. Serve hot, and enjoy with crusty bread, or a side salad, or both!