Cauliflower Soup

Serves 4

Ingredients:

- 1tbsp oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 head cauliflower, cut into small florets
- 1l stock
- couple of thyme strings
- 1 bay leaf
- 60ml double cream or whole milk
- salt and freshly ground pepper

Method:

1. Heat oil in a large pot
2. Add onions and fry for 5 minutes, until softened
3. Add garlic and fry for a further minute
4. Add cauliflower florets, stock, thyme and bay leaf and bring to a boil
5. Simmer for 15-20 minutes, until cauliflower is tender
6. Remove thyme and bay leaf and discard
7. Blend until smooth
8. Mix through cream or milk and serve

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