

04.11.14

## Roasted Cauliflower & Leek Soup

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*source: loveandlemons.com, serves 3 as a main*

about 2 cups chopped cauliflower  
2-3 leeks, white and very light green parts, chopped  
(about 1 to 1.5 cups)  
2 cloves of garlic  
olive oil, for drizzling  
1/2 cup raw, unsalted, un-roasted cashews, soaked overnight\*  
1.5 teaspoons miso paste (or just salt if you don't have any)  
leaves from a few sprigs of marjoram or thyme  
3 cups of water  
2 tablespoons more olive oil (to blend into the soup)  
1/8 teaspoon smoked paprika (or more to taste)  
squeeze of lemon  
a few more pinches of salt  
red pepper flakes (optional)  
splash of white wine vinegar or champagne vinegar, at the end

<sup>1</sup> Preheat oven to 400 degrees. Spread cauliflower, leeks and garlic on a baking sheet. Drizzle with olive oil and sprinkle with a few pinches of salt & pepper. Roast for 20-30 minutes, rotating halfway through. Remove when everything is starting to turn golden, but before the leeks are burning (if a few get too charred, it's ok, just pick them out later).

<sup>2</sup> Add to your blender (a Vitamix ideally), the veggies you just roasted, drained cashews, marjoram leaves, miso paste, a squeeze of lemon and half the water (1.5 cups). Blend until pureed. Add olive oil, paprika, and the rest of the water. Blend again. Taste and adjust seasonings.

<sup>3</sup> Pour into a medium saucepan and heat just until it's warm. Stir in a little more water if it's too thick. Serve with bread on the side.

*\*be sure to use plain raw cashews or your soup will taste too much like cashews. If you're using a high speed blended (vitamix or blendtec), you could get away with soaking your cashews for less time because the blender will liquify everything thoroughly anyway.*