North African Cauliflower Soup

Makes 4 to 6 servings

From Moosewood Restaurant Cooks at Home

“This soup is thick, smooth, and creamy without any cream at all.”

2 ½ c. chopped onions

2 Tbsp. vegetable oil

2 potatoes (about 2 cups diced)

1 medium head cauliflower (about 5 cups chopped)

2 tsp. ground cumin

1 ½ tsp. ground fennel

4 c. hot water

1 Tbsp. vegetable bouillon powder, or 1 bouillon cube (optional)

\*\*

2 Tbsp. fresh lemon juice

salt and ground black pepper to taste

\*\*

chopped fresh tomatoes

chopped chives or scallions

In a soup pot on medium heat, sauté the onions in the oil for 5 to 10 minutes, until translucent. While the onions sauté, dice the potatoes and chop the cauliflower.

Stir the cumin, fennel, and potatoes into the pot, and cook for a minute. Then add the hot water. Cover, turn up the heat, and bring to a boil. Add the cauliflower and optional bouillon, and return to a boil. Then lower the heat and simmer, covered, for about 10 minutes, until the vegetables are tender.

In a blender or food processor, puree the vegetables and broth until smooth. Add the lemon juice, and salt and pepper. Reheat the soup if necessary, taking care not to scorch it.

Serve garnished with the chopped tomatoes and chives or scallions.