



# Velouté of Cauliflower



## Ingredients

From Chef Laurent *of Fleur del Sel*

- 1/4 cup of butter or vegetable oil
- 2 garlic cloves minced
- 1/2 cup diced onions
- 1/2 cup flour or rice (if gluten free)
- 1 large cauliflower
- 1 quart of water or chicken stock
- 1 tsp. salt
- 1/2 tsp. white pepper or pinch of cayenne
- 1/2 cup half & half
- 1/2 cup cheese for garnish



## Directions



Yield:

Serving size:

Total cost:

Serving cost:

1. Sweat the garlic and onions in the oil or butter until they are translucent.
2. Add the flour and make a roux
3. Chop the cauliflower into smaller pieces; add to the roux, then add the stock.
4. Add the spices and bring to a boil. Simmer for about an hour, then add the cream.
5. Bring the soup back to a boil.
6. Then blend with an immersion blender.
7. Garnish with the cheese.

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# Fast Facts



## Featured Food Groups



## Cooking Tips



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