



Photo Credit: Satellite

CURRIED CAULIFLOWER SOUP

BY EMMA WEST, CHEF AT SATELLITE

PREP TIME: 45 MINUTES

SERVES: 4

INGREDIENTS

1 Whole Cauliflower, Shaved
 1 Red Onion, Med. Dice
 4 Med. Carrots, Med. Dice
 4 Celery Stalks, Med. Dice
 4 Cloves Garlic, Shaved Thin
 1 Bunch Rainbow Chard, De-Stemmed/Julienned
 ½ Pound Sprouted Red Lentils
 1 Tablespoon Fennel Seed
 1 Tablespoon Cumin Seed
 ¼ Cup Coconut Oil
 ¼ Cup Vegan Butter
 3 Tablespoon Curry Powder
 2 Tablespoon Turmeric Powder
 2 Tablespoon Ginger Powder
 1 Tablespoon Black Pepper
 2 Tablespoon Salt
 4 Lemons, Juiced
 2 Cans Coconut Milk
 1-1 ½ Liter Vegetable Broth

GARNISH

Fresh Cilantro
 Pepitas
 Fenugreek Sprouts

DIRECTIONS

1. Chop all veggies, gather all ingredients and toast seeds.
2. Heat large cast iron soup pot on high heat, add coconut oil, carrots, celery, onion. Stir and let brown.
3. Press 1-1 ½ lemon juice to deglaze bottom of pan.
4. Add lentils, garlic, cauliflower and seeds. Stir and coat with ingredients in pot.
5. Add coconut milk, curry, turmeric, ginger, salt and pepper. Mix and let all things get fully coated.
6. Pour in vegetable broth. Let soup come to a boil, reduce heat to simmer and add rainbow chard, butter and lemon juice.
7. Let simmer for 15-20 minutes. Taste and season with more salt, pepper or lemon.
8. Soup is ready when veggies are fork tender and seasoned to your palate. Serve in bowl and top with pepitas, fresh cilantro and fenugreek sprouts.