

Curried Cauliflower and Apple Soup

serves 8-10

Ingredients

½ cup unsalted butter
¼ cup. curry powder
1 plum tomato, minced
6 cloves garlic, minced
1 large yellow onion, minced
¼ cup flour
2 tsp. ground cumin
1 ½ tsp. ground turmeric
2 qts. vegetable stock
1 cup canned coconut milk
1 qt. peeled-- thinly sliced apples
¼ cup fresh lemon juice
Kosher salt and freshly ground black pepper, to taste
Plain yogurt, to garnish

Instructions

1. Melt ¼ cup butter, add
2. Curry powder, cook for 2 minutes, add
3. Tomato, garlic, onion, cook for 2 minutes, add
4. ¼ cup Flour and cook 2 minutes, add
5. Cumin, turmeric and stir in thoroughly, add
6. Stock, coconut milk stirring constantly. Add
7. Apples, lemon juice and salt and pepper and simmer 20 minutes
8. Garnish with plain yogurt.