

CAULIFLOWER GINGER SOUP

6 servings

Without the yogurt/sour cream garnish and the optional chicken broth, this healthy, hearty soup is happily vegetarian and vegan. Naturally gluten-free and full of goodness, it needs little more than a fruit salad and a glass of wine to complete the meal.

- 2 tablespoons olive oil
- 1 stalk celery, with leaves, diced
- 1 large onion, diced
- 3 whole cloves garlic, peeled
- 2-3 tablespoons finely grated fresh ginger -- 3 if you like things a bit on the wild and spicy side, 2 if you're more of a mild-mannered soup eater
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground white pepper
- 1 cup dry white wine (I like Pinot Grigio here.)
- 3 cups water
- 4 cups (1 quart) vegetable broth--can sub chicken broth
- 2 pounds (32 ounces/7-8 cups) cauliflower florets
- 1/2 cup plain yogurt, soy yogurt, or sour cream for garnish, if desired
- Minced fresh chives for garnish

In a 10-quart soup pot, heat the olive oil over medium heat for two minutes and add the celery and onion. Cook, stirring often, about 5 minutes, or until softened. Add whole garlic cloves, grated ginger, combine well, and season with salt and pepper. Let cook another two minutes or so until quite hot and then pour in the wine and water. Simmer for 4-5 minutes or until liquids are reduced a bit and then add the vegetable broth. Heat to boiling and tip the cauliflower into the pot. Reduce to simmer and partially cover. Cook 20-30 minutes or until all of the vegetables are quite tender. Purée using an immersion blender in the pot or pour carefully in batches into a blender (hold lid tight with towel) or food processor and pulse until puréed to your liking. Taste and adjust seasonings. Serve hot garnished with a spoonful of plain/soy yogurt or sour cream, if desired, and a few minced fresh chives.