

# **Cauliflower Soup**

## **Essence of Pine Cone w/ roasted Brussels and Arugula Pesto**

### **Ingredients**

- Cauliflower florets: 800 g (about 1 medium head)
- Vegetable stock: 1 liter
- Heavy cream: 250 ml
- Garlic: 12 g (about 3 cloves), minced
- Bay leaves: 2 leaves
- Pine cone: 1 small, food-safe pine cone (for infusion only)
- Red wine vinegar: 10 ml (2 teaspoons)
- Salt: 8–10 g, to taste
- Black pepper: 2 g, to taste

### **Instructions**

1. Prepare the pinecone essence
  - Rinse the pine cone thoroughly and lightly toast it in a dry pan over low heat for 3–5 minutes until aromatic.
  - Add the pine cone to 500 ml of the vegetable stock.
  - Simmer gently for 15 minutes, then remove and discard the pine cone. Set the infused stock aside.
2. Cook the base
  - In a pot, combine the remaining 500 ml vegetable stock, cauliflower, garlic, and bay leaves.
  - Bring to a simmer and cook for 18–22 minutes, until the cauliflower is very tender.
3. Blend
  - Remove bay leaves.
  - Add the pinecone-infused stock to the pot.
  - Blend until completely smooth using a blender or immersion blender.

4. Finish the soup
  - Return to low heat and stir in the heavy cream.
  - Season with salt, black pepper, and red wine vinegar.
  - Gently warm for 5 minutes, do not boil.
5. Adjust & serve
  - Taste and adjust seasoning or acidity as needed.
  - Serve hot.

## **Roasted Brussels Sprouts**

### **Ingredients**

- Brussels sprouts (trimmed and halved): 150 g
- Olive oil: 15 ml (1 tablespoon)
- Salt: 2 g, to taste
- Black pepper: 1 g, to taste

### **Instructions**

1. Preheat oven
  - Preheat to 200°C. (400F)
2. Season
  - Place Brussels sprouts in a bowl.
  - Toss with olive oil, salt, and black pepper until evenly coated.
3. Roast
  - Spread in a single layer on a baking tray, cut-side down.
  - Roast for 10-15 minutes, flipping once halfway, until tender inside and golden-brown on the edges.
4. Serve

- Taste and adjust seasoning if needed.
- Serve hot.

## **Arugula Pesto**

### **Ingredients**

- Arugula: 30 g
- Manchego cheese, finely grated: 20 g
- Garlic, peeled: 17 g
- Fresh lemon juice: 50 g
- Olive oil: 300 g
- Kosher salt: 3 g

### **Instructions**

1. Blend base
  - Add arugula, garlic, lemon juice, and kosher salt to a blender or food processor.
  - Blend until finely chopped.
2. Emulsify
  - With the motor running, slowly stream in the olive oil until fully emulsified and smooth.
3. Finish with cheese
  - Add the grated Manchego cheese.
  - Pulse just until incorporated—do not overblend.
4. Adjust
  - Taste and adjust seasoning if needed.
  - Use immediately or store refrigerated.

### **Assemble:**

Pour hot soup in bowl of choice. Toss Brussel Sprouts and Arugula Pesto together. Place on top of soup and serve.