

LEMONY CAULIFLOWER & CARROT SOUP

(adapted from a recipe from Melissa Clark)

1 teaspoon ground coriander
2 tablespoons extra-virgin olive oil
1 shallot, diced
3 medium carrots, peeled and cut into 1/2-inch pieces
5 to 6 cups of water
1 teaspoons kosher salt, more as needed
1 tablespoon white miso
1 small head of cauliflower or 1/2 large one,
zest of 1 lemon
2 tablespoons lemon juice, more to taste

Rice the cauliflower in a food processor and reserve (you can also use the florets, in this case add them together with the carrots). Heat the oil in a large saucepan, add the shallots and saute until translucent. Add coriander and a little salt, saute until fragrant. Add carrots, saute briefly, add 5 cups of water and the miso, stirring well until it dissolves. Simmer for 15 minutes, add the riced cauliflower and cook everything together for 5 more minutes (riced cauliflower cooks fast).

Remove the soup from the heat. Using an immersion blender, purée the soup until smooth, or transfer to a blender. Return the soup to the pan, over very low heat add the lemon zest and juice. Adjust seasoning, and serve.