

Cauliflower cheese soup

A spin on the comforting and classic Cauliflower Cheese Sauce, this autumn warmer recipe is the perfect way to start the season. Developed by Chef Louise and Assistant Chef Gerry for patients and in the Hospice café, this recipe is sure to please on the coldest of days!

Ingredients:

- 2 tablespoons butter
- 1 sliced onion
- 2 sticks sliced celery
- 1 sliced carrot
- 1 clove garlic
- 2 potatoes
- 2 pints of chicken or vegetable stock
- 1 large cauliflower
- 2 bay leaves
- Salt and pepper to season
- 8oz mature cheddar
- 1 teaspoon Worcestershire sauce

Instructions:

1. Heat butter. Add the onions, celery, and carrots. Cook for 5 to 8 minutes until the onions are softened. Add the minced garlic and cook a minute more.
 2. Add the potatoes, stock, cauliflower, bay leaves, salt and black pepper: Heat on high and bring the stock to a simmer. Lower the heat to maintain a simmer. Partially cover and cook for 12 to 15 minutes, or until the vegetables are completely tender.
 3. Remove from heat and remove the bay leaves. Using a hand blender, purée the soup mixture until completely smooth.
 4. Slowly add the grated cheddar cheese, continuing to purée the soup as you add the cheese, until completely blended. Stir in the Worcestershire sauce.
- Add more salt and pepper to taste, if needed.

