

Published January 6th, 2010

## Orange Cauliflower-White Cheddar Soup



Cauliflower-White Cheddar Soup Photo Susie Iventosch

1/2 teaspoon sea salt  
1 tablespoon butter  
1-2 tablespoons flour (gravy flour is easier to incorporate, but regular flour will be fine, too)  
2-3 cups veggie broth (or chicken broth)  
1/4 cup dry sherry  
1/2 cup half and half (or milk)  
1 cup grated white cheddar cheese

### Ingredients

1 yellow onion, chopped  
2 tablespoons olive oil  
1 carrot, grated  
1 head cauliflower, steamed until al dente and chopped (fine or coarsely ... up to you!) RESERVE broth!  
1/2 teaspoon white pepper

### Directions

In a large pot over medium-high heat, cook onion in olive oil until translucent. Add carrots and continue to cook for a few minutes longer. Add 1 tablespoon butter and sprinkle flour, salt and pepper over onion, carrot mixture. Cook over medium high heat, for about 3-5 minutes, stirring all the while to slightly brown flour. Slowly add veggie broth (or chicken broth) and stir with a wire whisk to incorporate flour. Add milk or half and half, sherry and cauliflower. Stir well. Add grated cheddar and stir until heated through and melted. Serve piping hot.

\*Add more milk or broth to adjust consistency if soup is too thick.

Reach the reporter at: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)

Copyright © Lamorinda Weekly, Moraga CA