



# Martha's favourite cauliflower cheese soup

*We made this at our first Pantry soup demo, and it went down a treat with our members and our community coordinator Martha. We even had people asking for the recipe on social media! We hope you enjoy it too. Serves 4.*

## Ingredients

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| 1 small white onion or ½ a medium onion | Salt   |
| ¼ leek                                  | Black pepper                                     |
| 1-2 cloves garlic (optional)            | 1 tsp Dijon mustard                              |
| 50g butter                              | 100g cheddar cheese                              |
| 25ml olive oil                          | 50ml double cream (optional)                     |
| 1 cauliflower (about 750g trimmed)      | Garnish – more cheese, croutons, chopped parsley |
| 2-3 vegetable stock cubes               |  |

## Method

1. Peel and chop the onion and garlic.
2. Remove outer leaves from the leek, split in half lengthways and wash under running water, then cut into long strips lengthways and slice across.
3. Remove all the outer leaves from the cauliflower and trim the stem, then chop into small even-sized pieces.
4. Place a pan on the heat and add the butter and a splash of olive oil.
5. Add the onions, garlic and leek and sauté until soft (not brown, but nicely soft) – add a little salt during this stage.
6. Add the chopped cauliflower, mix it through, and cook for a minute or two.
7. Crumble up 1.5 - 2 of the stock cubes over the veg and add about a litre of water. Add salt and pepper.
8. Cook for 30 minutes until the vegetables are soft, then blend.
9. Add the grated cheese and a tsp of Dijon mustard and blend again. You can also add some cream to make it richer.
10. Now check the seasoning – you can add more salt/pepper, crumble over another ½-1 stock cube, or add more Dijon mustard and cheese if you wish.
11. Serve with a little cheese on top, croutons and some chopped parsley.