



Our Keto Cauliflower Soup is so creamy and delicious and a really welcoming lunch or supper for those cold winter days. It really is a must.

Servings - 8

Prep Time - 15 Mins | Cook Time - 20 Mins | Total Time - 35 Mins

Difficulty - Easy



Cuisine - British

RECIPE

KETO CAULIFLOWER SOUP

EQUIPMENT

[Cup and Spoon Measures](#)

[Colander](#)

[Medium Sharp Knife](#)

[Non Stick Medium Saucepan](#)

[Slotted Spoon](#)

[Non Stick Large Saucepan](#)

[Large Fine Sieve](#)

[Wooden Spoon](#)

[Soup Tureen](#)

[Soup Ladle](#)

INGREDIENTS

1 Large Cauliflower

[500 ml Chicken Bone Broth](#)

[1/4 Tsp Sea Salt, Flakes](#)

60 g Butter

[50 g FHALL Low Carb Gluten-Free White Flour](#)

[3/4 Cup Almond Milk \(unsweetened\)](#)

[3/4 Cup Double/Heavy Cream](#)

[1/2 Tsp White Pepper \(ground\)](#)

[1/4 Tsp Ground Mace](#)

[1/2 Tsp Semi Fresh Parsley](#)

1 Large Egg yolk

1/2 Tsp Lemon juice

METHOD

Trim the cauliflower by cutting away the thick stem at the base and the green leaves. Break off the flowerets, put them in a colander, and rinse them in cold water. Reserve 10 small florets and coarsely chop the rest.

In a medium-sized pan, bring the stock, with the salt, to the boil over high heat. Put the whole florets in the pan and boil for about 10 minutes, or until they are tender but not soft. Remove the florets from the pan with a slotted spoon and set aside. Reserve the stock.

In a large pan, melt the butter over moderate heat. Add the flour to the butter, lower the heat and cook, stirring constantly, with a wooden spoon for 1 to 2 minutes. The mixture should not be allowed to brown as this will spoil the colour of the soup.

Stirring continuously with a wooden spoon, add the stock and the milk, a little at a time, to the butter-and-flour mixture. When all the liquid has been added and the mixture is smooth, raise the heat and bring it to a boil.

Reduce the heat to low and simmer for 2 to 3 minutes. Add the chopped cauliflower,

pepper, mace and parsley to the pan and simmer, half-covered, for 15 minutes, or until the cauliflower is soft enough to be mashed. Add the cream and remove the pan from the heat just before it gets to boiling point.

Pour the cauliflower and all the liquid through a sieve set over a bowl. Rub the cauliflower through the sieve with a wooden spoon. Do not use a liquidizer as this will make the soup too smooth.

Return the puréed cauliflower to the saucepan. In a medium-sized bowl, beat the egg yolk with a fork. Beat in the hot purée, a tablespoon at a time, until at least 8 tablespoons of purée have been added. Pour the mixture back into the pan, whisking continuously. Add the reserved florets to the pan and cook over a low heat for 2 to 3 minutes, stirring constantly. Do not let the soup boil as it will curdle.

Stir in the lemon juice, taste for seasoning and pour it into a soup tureen and serve at once.

SERVING SUGGESTIONS

Serve with a few macadamia nuts as a garnish and [Keto Brown Baguette](#).

STORAGE

Keep refrigerated in an airtight container for up to 3 days. You can also freeze for up to 30 days.

NUTRITION FACTS

Per serving : 218 g | Calories 166 | Protein 6.3 g | Fat 10.5 g | Carbs 11.2 g | Fiber 4.4 g

Net Carbs : 6.8 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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