

Smoked Garlic and Roasted Cauliflower Soup

A KitchenInspirations Original Recipe

Makes 1.5 L (6 cups) soup

Ingredients:

- 25 g smoked garlic (about 5 cloves)
- 560 g cauliflower (about 1/2 a large head), cut into smallish florets
- 1 L (4 cups) chicken stock (or vegetable)
- 90 g (1/2 cup) red lentils
- non-stick spray
- 1/4 tsp smoked paprika
- sea salt

Directions:

1. Pre-heat the oven to 400° F (200° C).
2. Add the unpeeled garlic cloves to a small ramekin, sprinkle with a little sea salt. Pour about 1 cm (1/2 inch) stock over cloves and cover with either foil or ramekin lid.
3. Spray a large baking sheet with non-stick spray and add the cauliflower, sprinkle with a little sea salt. Add the ramekin with garlic to a corner of the baking sheet. Bake cauliflower and garlic for 30-40 minutes or until quite soft, turning frequently to avoid burning. I like to add a little stock to the bottom of the roasting pan to make sure I get all the little bits from the pan.
4. Pour the cauliflower into a large pot. Peel the garlic and add it to the cauliflower, add some of the stock and purée until smooth. Add the red lentils and cook until lentils are soft. Purée again until smooth, adding stock until you achieve the desired consistency. You may wish to run this through a fine sieve to make it even more luxurious.
5. Serve hot.



Notes:

- A dear friend gave me a couple of heads of smoked garlic, she picked it up at a local farmers market. I had never seen or heard of it before but you can bet that I'll be trying to make it soon!
- The smoked garlic is raw and therefore needs some cooking when used in this quantity, I prefer roasting, usually with olive oil instead of stock, but we are trying to lose a few summer pounds.
- The smoke in the garlic is very subtle, that is why I added the smoked paprika, but be careful, it can get overwhelming very quickly.
- I added the lentils to get some protein into this meatless meal, and it also is an amazing thickener that becomes so velvety smooth when puréed.
- Some topping suggestions:
 - Crumbled crispy bacon
 - Crispy onions
 - Grilled cheese croutons
 - Grated cheese (like gruyère or sharp cheddar)
 - a dollop of Crème Fraiche or sour cream