

Cauliflower Cheese Soup with Apple Compote and Cheese Croûtes

by Danny Boome
from Wild and Fresh

Danny Boome's deeply flavourful cauliflower cheese soup with hot cheese croutes and warm apple compote is a meal in itself

Servings: 8

Level of difficulty: Easy

Preparation Time: 1 hour

Cooking Time: 30 minutes

Ingredients

2 tbsp Olive oil
2 tbsp Butter
3 garlic clove, finely chopped
3 Shallots, finely chopped
2 Bay leaves
250ml dry white wine
3 thyme sprigs, chopped
2-3 Potatoes , peeled and cubed
1 Cauliflower , cut into small pieces
750ml chicken stock
500ml Milk
1/2 tsp nutmeg, grated
pinch of white pepper
250ml whipping or double cream
150g crumbly cheese
Salt , and freshly ground black pepper

For the warm apple compote:

1 Granny Smith apple, peeled and cored
1 dessert pear, peeled and cored
1 tbsp lemon juice
30g Butter
1 tbsp Sugar
3 tbsp cider
1 tbsp Cider vinegar
Salt , and freshly ground black pepper

For the cheese croutes:

8 slices of country bread
Olive oil , for drizzling
50g crumbly cheese

Method

1. Place the oil and butter into a large pot set over medium heat. Sweat the garlic and shallots until soft. Add the bay leaves, thyme, wine, potatoes and cauliflower. Add the stock and bring to a boil.

2. Pour in the milk, season with nutmeg and white pepper, and simmer until tender, about 15 minutes. Add cream and cheese to the soup.
3. In a food processor, purée in batches and return to the pot. Gently warm the soup and season with salt and pepper.
4. Cut the apple and pear into 1cm cubes and sprinkle with lemon juice.
5. Melt the butter in sauté pan on medium-high heat until it begins to foam. Add the apple, pear and sugar and fry quickly, stirring, until the mixture begins to brown and caramelize, about three minutes. Add the cider and vinegar and reduce slightly for one minute.
6. Remove from the heat, add the parsley, and season.
7. Drizzle the bread with olive oil and grill until crisp. Divide the cheese between the slices of toasted bread and return to the grill. Remove when the cheese is bubbling and melted.
8. Ladle the soup into bowls, add a generous spoonful of compote to each, and garnish with a cheese croute. Serve hot.