

Cauliflower Soup with Chive Oil and Rye Crostini

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds cauliflower
- 2 ounce chives
- 0.3 cup cup heavy whipping cream
- 8 servings kosher salt
- 0.8 cup olive oil
- 1 large onion minced
- 2 sprigs rosemary

- 8 slices pumpernickel bread cut into 1/3" cubes (for croutons) thin (for crostini)
- 12 tablespoons butter unsalted divided softened ()

Equipment

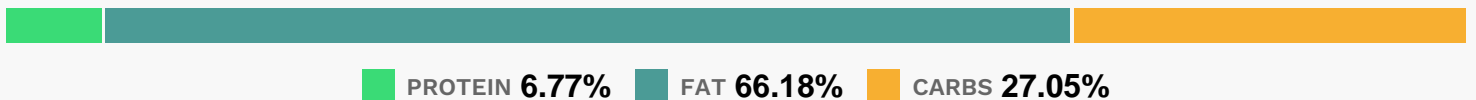
- bowl
- sauce pan
- baking paper
- oven
- knife
- whisk
- pot
- blender
- baking pan
- aluminum foil

Directions

- Set a coffee filter in a glass; set aside. Blanch chives for 10 seconds in a medium saucepan of boiling salted water.
- Transfer to a medium bowl of ice water to cool. Squeeze chives dry; coarsely chop and place in a blender.
- Add 3/4 cup oil; purée until smooth.
- Pour through coffee filter; let drain for 3 hours at room temperature, or overnight in refrigerator (do not press on solids). DO AHEAD: Can be made 1 week ahead. Cover; chill. Bring to room temperature before using.
- Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper.
- Brush bread slices (or toss bread cubes) with 1 tablespoon olive oil; toss with rosemary sprigs.
- Transfer to prepared sheet; bake until crisp, about 12 minutes.
- Let cool completely. Discard rosemary sprigs. DO AHEAD: Can be made 1 day ahead. Store airtight at room temperature.
- Preheat oven to 350°F.

- Place wholecauliflower head in a large baking dish, rubwith 4 tablespoons butter, and season with salt.
- Add 1/2 cup water to dish.
- Bake uncovered,tenting with foil if cauliflower begins tobrown, until a knife inserted into the coremeets no resistance, about 1 1/2 hours.
- Remove cauliflower from oven; let cool.Coarsely chop and set aside.
- Melt 2 tablespoons butter in a large saucepanover medium–low heat.
- Add onion; cook,stirring occasionally, until onion is softand translucent, about 15 minutes.
- Addcauliflower and 4 cups water. Simmer untilcauliflower is very soft, about 10 minutes.
- Let cool slightly. Working in batches, puréein a blender until very smooth. DO AHEAD:Can be made 2 days ahead. Cover; chill.
- Return soup to pot and bring to a simmer,adding more water if too thick. Seasonwith salt.
- Remove from heat and whisk inremaining 6 tablespoons butter and cream.
- Servewarm in shallow bowls. Rest crostini onedge of each bowl or scatter croutons over;drizzle with chive oil.
- Pair this soup with a spicy white like
- Elk Cove Willamette Valley 2009Pinot Gris (\$19).

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:8.87, Inflammation Score:-8, Nutrition Score:15.340434875177%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 329.72kcal (16.49%), Fat: 25.15g (38.7%), Saturated Fat: 13.36g (83.53%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 18.28g (6.65%), Sugar: 3.49g (3.88%), Cholesterol: 53.55mg (17.85%), Sodium: 423.9mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin C: 60.22mg (73%), Vitamin K: 37.15µg (35.38%), Manganese: 0.65mg (32.29%), Folate: 106.41µg (26.6%), Fiber: 4.85g (19.42%), Vitamin A: 943.79IU (18.88%), Vitamin B6: 0.28mg (14.25%), Potassium: 466.4mg (13.33%), Selenium: 9.11µg (13.02%), Phosphorus: 125.77mg (12.58%), Vitamin B1: 0.18mg (11.88%), Vitamin B2: 0.2mg (11.77%), Magnesium: 40.14mg (10.04%), Vitamin B5: 0.97mg (9.74%), Vitamin E: 1.38mg (9.22%), Iron: 1.59mg (8.84%), Vitamin B3: 1.65mg (8.23%), Copper: 0.16mg (7.95%), Calcium: 67.97mg (6.8%), Zinc: 0.89mg (5.93%), Vitamin D: 0.43µg (2.89%)