

Cauliflower Soup Recipe

Ingredients:

8 cups strong beef stock
¼ teaspoon ground black pepper
¼ teaspoon ground mace
2 teaspoons ground coriander
1 teaspoon ground cumin
1 onion, finely chopped
1 clove garlic, crushed
500 g cauliflower, coarsely chopped
2 small bundles fine egg noodles

Method:

If making the beef stock for the soup, add 3 or 4 whole cloves, 10 peppercorns, few blades of mace, a tablespoon of coriander seeds and half that amount of cumin seeds. This will eliminate the need for the ground spices. If, however, the stock is a by-product of something else and has not been cooked with whole spices, add all the ground spices listed above, the onion and garlic, and simmer for 10 minutes. Add the cauliflower and bring to the boil again. Simmer for 4 minutes. In the meantime soak the noodles in hot water for a few minutes, until the strands separate. Drain and add to the boiling soup. Return to the boil and cook for 3 minutes. Serve at once so that cauliflower and noodles do not overcook. Garnish with fried onion flakes if liked.

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