

Cauliflower Polonaise Soup



Serves 6 Prep 50 mins

Cooking 20 mins

Easy

Ingredients

1 cauliflower
a good knob of butter (the size of a walnut)
1 onion chopped
1 litre milk

For the garnish:

3 medium eggs
3-4 slices thick cut white bread, crusts removed
1 or 2 knobs of butter for garnish
2 heaped tbsp parsley, chopped finely

The eggs will be a bit easier to shell, separate and chop if you hard-boil them ahead and refrigerate for an hour, but you shouldn't chop and assemble until just before serving

1. Quarter the cauliflower so you can easily cut out the central stem. Chop the remainder roughly.
2. Melt the butter for the soup in a large saucepan. When it bubbles add the onion and soften over a gentle heat for a few mins, stirring regularly. When it looks translucent, add the cauliflower, cover the pan and cook for a further 5-6 mins, shaking the pan once or twice.
3. Add the milk, raise the heat slightly and simmer, partially covered, for 20 mins until the cauliflower is soft enough to puree easily. Let stand for 5-10 mins, then liquidise in a blender or food processor. You can make ahead to this point: leave to cool and refrigerate for up to a day or freeze for up to a month.
4. To make the garnish, boil the eggs for 8-9 mins, drain and leave to cool. Cub the bread and process the crumbs. Melt a knob of butter in a large frying pan, add the crumbs and fry over a medium heat till golden brown. Keep moving the crumbs about to colour them evenly, adding the second knob of butter if the crumbs soak up the first lot. Tip the crisped crumbs onto kitchen paper.
5. Shell and halve the eggs. Separate yolks from whites and push through a sieve or chop both very finely with a fork.
6. To serve, reheat the soup. Mix crumbs, egg yolks and whites with the chopped parsley. Ladle the soup into warm bowls and sprinkle about 1 tbsp of the garnish in the middle of each. Serve the extra garnishes on the table so people can take more with a second helping of soup.