Pediatric Alternatives
Integrative Healthcare for Children and Adolescents

Cauliflower Cheese Soup
From The Moosewood Cookbook by Mollie Katzen

Serves 4–5 | About 1 hour

Ingredients

- 2 cups potato chunks
- 2 cups cauliflower florets
- 1 cup chopped carrot
- 3 medium garlic cloves
- 1 cup chopped onion
- 1½ teaspoons salt
- 4 cups water or stock
- 1½ cups grated cheddar cheese
- ¾ cup milk
- ¼ teaspoon dried dill weed
- ¼ teaspoon ground dill or caraway seed
- ¼ teaspoon dry mustard
- Black pepper, to taste
- 1½ cups additional cauliflower florets
- Butter, for steaming or sautéing the additional cauliflower
- ¾ cup buttermilk

Preparation

1. Combine the potatoes, 2 cups cauliflower, carrot, garlic, onion, salt, and water or stock in a pot. Bring to a boil, cover, and
simmer for about 15 minutes. Cool for 10 minutes.
2. Blend the cooked vegetables and liquid until smooth and creamy. Return the purée to a kettle or double boiler.
3. Whisk in the cheddar, milk, dill weed, ground dill or caraway seed, dry mustard, and black pepper. Heat gently, stirring
until the cheese melts and the soup is warmed through; do not boil.
4. Meanwhile, steam or sauté the remaining 1½ cups cauliflower in butter until tender. Add it to the soup.
5. Just before serving, whisk in the buttermilk. Serve topped with chopped scallions and extra cheese, if desired