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Hearty Cauliflower, Leek, Garlic & Nutmeg Soup

I just feel we all need to stock up on the vitamins this time of year in particular. Buy as white a cauliflower as you can find, dig out the nutmeg from your pantry, and if you can get your hands on some fresh root garlic, buy it – if not use the normal bulb type.

This soup is thick and creamy, and accompanied by crunchy garlic bread, makes a meal in itself. Make the extra if you can, so you don't have to cook tomorrow. By the way, in case I didn't say so, it's simply delicious and extra easy to make.



INGREDIENTS

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- 1 whole fresh cauliflower
- 2 leeks chopped
- 4 garlic roots or 4 garlic cloves
- olive oil for frying
- 4 cups of vegetable stock
- the juice of half a lemon
- $\frac{3}{4}$ tsp nutmeg
- salt to taste
- $\frac{3}{4}$ cup of soya cream or other vegan cream of your choice



METHOD

Wash the cauliflower and cut into florets, then steam them and set aside. Next wash the leeks, and chop them up. Then cut up the garlic. Now start off by frying the leeks – when they turn a little transparent, add the garlic, and stir on a medium heat for a few minutes.

Next, when the mixture is well cooked (but not burnt), add the cooked cauliflower florets and stock, cover, lower heat for 20 minutes and allow to simmer.

Final step, add the lemon juice and the remaining ingredients, stir and then process with a hand blender **0** until thick and creamy. Enjoy !
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These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave a constructive comment !





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Ginger Soup
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Easy & Delicious
Scrambled Egg-less
Mushroom Delight



27 COMMENTS



Andrea Pellegrini

January 14, 2011 at 11:56 am

Mmmm.... A heavenly blend, I love nutmeg, and a satisfying meal!

So easy to make and the results make it seem like I am the perfect alchemist.... maybe I should get the old dragon round (mother-in-law!)



Miriam

January 14, 2011 at 2:41 pm

You are funny ! I bet you put a smile on many a face too. Yes, nutmeg just does the trick, it just adds that extra magic to this thick, rich and comforting soup. Hope you 'all' enjoy it.



Eva

February 19, 2011 at 2:42 pm

Am a soup lover...and this is an easy to death one , and fills you up as a meal...and so tsaty with the flavours , esp of nutmeg that i love...easy and grt to taste and healthy, what more

could one ask for!!!



Miriam

March 4, 2011 at 10:08 am

Thanks Eva and glad you enjoyed it, the nutmeg just rounds it off nicely doesn't it – glad you enjoyed it so much !!! (we have it as a main course as it is so filling – great with crunchy garlic bread too !!!



Shara

December 13, 2011 at 1:08 pm

Thanks for a wonderful soup. We had garlic bread chips which we added to the soup and it was a perfect combination, for a nice warm dinner. My son took some to school the next day and he said he even enjoyed it cold.



Miriam

December 13, 2011 at 8:38 pm

Shara Hi there and welcome to my blog. Thanks so much for your wonderful comment and delighted to hear the extent to which you and your family/son enjoyed it ! Please try the broccoli one, it's just as great ! Come by with your comments anytime. Cheers to you !



Sarah

January 7, 2012 at 12:55 am

I'm making this right now..can't wait to try it. I forgot to buy vegetable stock, can I

substitute with water? :/



Miriam

January 7, 2012 at 1:15 pm

Sarah Hi there, just got your comment now – you may have already consumed your cauliflower soup by now. Water is fine, but veg stock gives it more body in terms of flavour. Still, let me know how it all went. Cheers.



Scott Frizlen

January 8, 2012 at 5:39 pm

Super easy, and superbly inventive. The nutmeg is fantastic for this one! I never would have thought of that! I used homemade raw cashew milk for the “cream”. I just left out some water in the “milk” so it was thicker. Thank you so much for this! It will become a staple here! 😊



Miriam

January 9, 2012 at 2:18 pm

Scott Hi there and welcome to my site, how wonderful to have your terrific feedback/comment on this soup. I am glad you enjoyed it and the nut milk would have been ideal. Cheers to you and well done – I look forward to your future comments on my blog!



Sarah



January 24, 2012 at 11:37 am

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I ended up sending my husband out to pick up some vegetable stock for me 😊 It turned out amazing!! I honestly wanted to just eat the cauliflower, leeks, and garlic before I was even finished preparing everything (because it smelled so delish) ...I used raw coconut oil to cook the veggies in and it turned out so good!

I attempted the spinach Ginger one and I failed..it came out so bitter, not sure where I went wrong, too much Ginger maybe,??

I can't wait to try the dolma (I'm of Armenian decent and I've been trying to veganise a few recipes, no success as of yet.) ..thank you for all do!!!



Miriam

January 25, 2012 at 8:30 pm

Hi there Sarah and welcome here. Am glad you enjoyed this soup, it really is a hearty one, and the aroma is quite something. As for the spinach soup, I have made it many times, may be a little less ginger should do the trick, and go easy on the citrus too – always taste as you go along with something new, that way you get to season according to your taste buds – just a little hint. I look forward to your future comments on my blog Sarah and Cheers to you in the meantime.



Danielle C Hewitt

April 11, 2012 at 9:51 am

DIVINE! Decided to go veggie for a month so I am super happy to have found your website! This soup is amazing! Looking forward to waking up and having some for breakfast...thank you so much.

Danielle Hewitt. Leeds, West Yorkshire, UK.





Miriam

April 11, 2012 at 11:23 am

Hi there Danielle and welcome here – I too am glad that you found my site. I am glad you enjoyed this soup and may I recommend the broccoli and coconut one which is my best next time you make a soup. Meantime, if you need to know anything don't hesitate to ask and I very much look forward to your future comments here. Best wishes to you !

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Ant

May 14, 2012 at 7:42 am

Awesome, and cauliflower is 40 protein.



Miriam

May 14, 2012 at 3:55 pm

Hi there Ant, thanks for dropping by here with your comment – great to know about the protein content. Very Best Wishes to You !



Debbie

December 2, 2012 at 12:20 pm

Plan to have this for lunch!



Miriam

December 2, 2012 at 12:38 pm

Hi Debbie, let me know how it goes and remember to add more water if you wish to have a

thinner consistency – taste it for salt too, as it will need it. Enjoy !



Rosany

December 2, 2012 at 9:25 pm

Thanks so much for taking your time to post for others. I have really enjoyed your recipes. Please tell me where to find vegan cream or how to substitute it if I don't have it. Thanks and God bless you!



Miriam

December 3, 2012 at 10:39 am

Rosany Hi there and welcome here. I am delighted to hear that you have enjoyed my recipes here. Cream, you can purchase soya cream, if you ask for non-dairy cream, you should be able to get hold of something. If you don't soak half a cup of raw cashew nuts, drain and add 1/2 a cup of water to them and process in a liquidizer/food processor until totally smooth, pass the liquid through a sieve and use that. Hope this helps. Let me know how it goes Rosany, it's great to get feedback for my recipes. Cheers to you !



Yasmine

May 1, 2013 at 3:34 am

You are the best vegan chef in the world!!!! (and my idol). I made this the other day...and OMG everyone in my household loved it...even my 19 months old son! I just love how you know how to combine all the ingredients together to make magic. Thank you once again. Lots of love xoxoxoxo



Alice

October 21, 2013 at 9:41 am

Thanks for another wonderful recipe. This soup will be featuring regularly in our household!

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Miriam

October 21, 2013 at 9:49 am

Alice Hi, glad you enjoyed it! 😊



Amanda Noble-Gresty

September 2, 2016 at 3:41 am

Good evening Miriam,

I have been using your cookbook for many years and it is still number one on my list. I love making soups especially because they always turn out so delicious with not too much effort! I made this soup today and I was disappointed, everyone is raving about the nutmeg but I barely tasted it. I used coconut milk as my "vegan cream" and I'm wondering if that made a huge difference. I feel discouraged, but, maybe you can make a suggestion that if I try this soup again it will turn out better. I doubled your recipe and used 9 cups of vegetable broth (maybe too much – 1 extra cup) because I was using cubes..

Anyways, any suggestions would be greatly appreciated!

Thank you,

Amanda 😊



Miriam

September 9, 2016 at 3:50 pm

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Hi Amanda and thanks for dropping by here. I have created amazing soups in all my books. This one is not a favourite of mine and I created it some years ago. I cannot tell you how to alter it, as if you did not like it, it's best to leave it be. Not everybody is crazy over cauliflower and I cannot tell what may have not been to your liking without tasting it myself, which is not possible. Have you tried my other soups from this blog ? I hope you do and I'm pretty sure they would not disappoint. I also think that it might have tasted strange with coconut milk and nutmeg together, making it feel like a hot savoury dessert soup, which may have been the culprit. Best your way ! P.S. Have you seen my new book full of pics and recipes ?

https://www.amazon.com/Yasou-Magical-Fusion-Eastern-Cuisine/dp/9995708914/ref=sr_1_1?s=books&=UTF8&qid=1473429963&sr=1-1&keywords=yasou



Amanda Noble-Gresty

October 7, 2016 at 12:52 pm

Hello again Miriam,

Of course I have tried your other soups (almost all of them actually) and they usually turn out amazing that's why it caught me off guard when I made this one.

My brother decided to open the Toronto Vegetarian Food Bank in January 2015 and it runs once a month, here in Toronto. I pick a soup from your cookbook every month and prepare it for a minimum of 100 people to enjoy as a treat while they wait for their groceries.

People rant and rave every month about how amazing the soup is and I give them your recipe and direct them to your blog! I have given away many copies of your book at the foodbank to people who can't afford to buy it themselves.

This blog is so amazing to refer people too! Thank you for having it 😊



Miriam

October 10, 2016 at 12:23 pm

Thank you for your very, very kind words dear Amanda. This soup is overly rich, but for the

cauliflower maniacs it's fine. Stick to my other soups, as well as the ones in my book ! 😊 Thanks also for your support of my food, and those others who cannot afford it. 😊

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