



CAULIFLOWER SOUP WITH ORKNEY CHEDDAR CROUTONS



Serves 2

Ingredients

- 1 cauliflower (cut in to small florets)
- 1 onion (finely sliced)
- 500ml milk
- Pinch of nutmeg
- 200g Orkney cheddar (finely grated)
- 1 baguette '1 day old' (cut in to cubes)
- Olive oil
- 1 tsp chopped chives

Method

Heat a heavy bottomed pan, add the olive oil and sliced onion and sweat gently for 3-4 minutes without colouring.

Add the cauliflower and sweat again for 5-10 minutes.

Cover the cauliflower in milk and cook gently for 15-20 minutes until the cauliflower is soft.

Remove from the heat and blend until smooth.

Meanwhile, heat a non-stick pan, add a good amount of olive oil and add the croutons. Toss in the pan until crispy for 3-4 minutes.

Once crispy, add the grated cheese and toss again, then set aside.

Serve the soup with cheesy crackers and chopped chives.