

ROASTED CAULIFLOWER AND CORN CHOWDER

INGREDIENTS

1 head of cauliflower, cut to florets
4 tablespoons olive oil, divided
2 cups baby waxy potatoes, diced to 1/2 inch
3 medium carrots, diced to 1/2 inch
1 bay leaf
Salt and black pepper, to taste
2 teaspoons herbs de Provence
4 tablespoons all-purpose flour
6 cups vegetable or chicken stock
2 cups heavy cream
6 cups corn kernels, scraped fresh from the cob (this was about 6 ears of corn)*
2 teaspoons fresh parsley, minced (optional)

DIRECTIONS

Preheat oven to 400F. Toss cauliflower florets in 2 tablespoons olive oil, then spread on a baking sheet and sprinkle with salt and pepper. Roast in the oven for 20 minutes or so until they begin to brown and are soft. Remove to a generously sized work bowl and once slightly cooled, mash with a fork (or cut into varying sized pieces with a knife and fork).

In a small pan, set the potatoes and to boil until tender. Once done, strain through a colander and set aside.

In a large, heavy-bottomed dutch oven, heat the remaining olive oil. Sprinkle in the herbs de Provence and salt and pepper, then the flour. Cook two minutes, stirring constantly. First stir in about half a cup of the broth and once the mixture starts to become gluey, add in the remainder of the broth. Add the bay leaf, the cauliflower and the corn and simmer for approximately 12-15 minutes before adding the cream. Finally add the cooked potatoes and carrots and simmer soup, for about five additional minutes.

Adjust the soup seasonings to taste and remove the bay leaf. Ladle soup into bowls and you can top with fresh parsley (optional).

*If corn is not in season, you can also use frozen corn. Avoid canned corn as it tastes tinny.