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## RECIPE OF THE WEEK

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# Cauliflower Cheese Soup

This is the sort of recipe that takes you back to the '60s and the *'Farmer's Wife'* cookbooks you used to get from the milkman. In other words, *comfort food!*



Sara, being the cook she is, loves nothing more than a baked potato or cauliflower cheese for lunch so this recipe is one of her best quick and filling standby lunches.

Needless to say, Sara adds an Italian twist to her cooking method which in this case was to throw in some cheesy rind from the Grana Padano cheese she always keeps in her dairy box. Nice!

*60g knob of butter*  
*1 large cauliflower (about 900g/2lb), stalk reserved plus leaves trimmed and cut into*

*florets*  
*400ml milk*  
*30g flour*  
*120g Snowdonia Red Devil or mature cheddar plus some Colston Bassett Stilton, crumbled*  
*some rind of Grana Padano or Parmigiano Reggiano*  
*Trapani sea salt and pepper to taste*

Warm a good size knob of butter in a large saucepan.

Break the cauliflower into florets, set aside in a bowl, then chop the stalk and greens into bite sized pieces. Bring to the boil then simmer the leaves and stalk for 25mins in lightly salted milk (not water) with the Grana Padano rinds.

Add the florets when the stalk and leaves are cooked through and quite soft. Continue to simmer until soft.

In another saucepan melt the butter, add the flour and sauté until smooth gradually adding some of the milk sauce followed by the grated cheese in bits. Blend until smooth.

Blend the cauliflower mixture with the cheese sauce and blend with a hand blender or back of a spoon if you like chunky.

Add some water or milk to get the thickness you like then reheat slowly so it's doesn't catch on the bottom of the pan.

To serve, ladle into bowls, top with a grating of cheese and decide whether you want to go the whole hog with a few homemade sourdough croutons.

To download this recipe go to [www.squisito-deli.co.uk](http://www.squisito-deli.co.uk)

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