

Shoot for the Stars Soup

Roasted Cauliflower Soup with Pomegranate and Maple Pear “Croutons”

I named this soup “Shoot for the Stars” because it’s so easy to make; yet, when topped with the pears and pomegranate, it looks like something you’d be served in an elegant restaurant. Dreaming big (and eating well) need not be difficult or complicated. The journey can be simple and delicious. This soup is perfect for cozy autumn days. It’s warm and comforting and filled with the perfect balance of sweet, tart, crunchy, smooth, and earthy. Even those who don’t like cauliflower love this soup.

Serves 4

1 cauliflower, broken into florets
1 bosc pear, peeled, cored, and cut into chunks
4 Tbsp. olive oil
½ tsp. fresh cracked pepper
¾ tsp. fine grain French gray salt, or other artisanal salt
1 small onion, chopped
3 cloves garlic, chopped
5 cups water
2 tsp. lemon juice

Maple Pear “Croutons”:

1 firm bosc pear, peeled, cored, and cut into tiny cubes
2 Tbsp. maple syrup

To serve:

Maple pear “croutons”
Pomegranate
Chopped chives

Preheat oven to 450°F.

Put the cauliflower florets and chunks of pear into a roasting pan lined with parchment paper. Drizzle 3 Tbsp. of the olive oil over the cauliflower, and sprinkle with the cracked pepper and ½ tsp. of the salt. Using clean hands, toss the cauliflower until the oil is evenly distributed. Roast in the oven until the edges of the cauliflower are caramelized and the centers are soft, about 30 minutes.

Meanwhile in a medium-sized soup pot, warm the remaining 1 Tbsp. olive oil over medium heat. Add the onion, garlic, and remaining ¼ tsp. salt. Sauté over medium heat until the onion is soft and translucent.

While the onions sauté, peel, core, and cut the firm bosc pear into tiny cubes. In a small frying pan, heat the maple syrup over medium heat. Simmer for about four minutes, until

thick syrup is formed. Remove from the heat, add the pear cubes to the pan, and gently toss until fully coated. Set aside.

Remove the cauliflower from the oven and add to the soup pot. Pour in the water and mix in the lemon juice. Bring to a boil, then reduce heat and simmer for 5-10 minutes to give the flavors time to marry. Turn off the heat. Purée the soup using an immersion blender or a blender on medium speed.

To serve, top with a sprinkling of pomegranate seeds, chopped chives, and maple pear “croutons.”