

## *Zupa Kalafiorowa (Cream of Cauliflower Soup)*

<http://bitten.blogs.nytimes.com/2009/11/05/from-poland-a-light-but-creamy-soup/#more-4473>

Adapted from The Best of Polish Cooking by Karen West, modified by Annemarie Conte, who writes "(On a recent trip to Poland), we were served a cauliflower soup with small cauliflower florets, carrots and potatoes in a light, creamy broth. I like creamed soups, but they're often too heavy. In contrast, this brothy soup was perfectly balanced — fresh, sweet and creamy. ... Wanting this soup in my life more often, I looked at recipes in several Polish cookbooks. All had the same basic recipe: cauliflower, chicken stock, egg yolk and cream. None called for other vegetables, so I just included them along with the cauliflower florets."

*Beth's notes: I want to echo the author's comments above. I don't make cream soups because I avoid cooking with cream. This soup is great because it is delicious and nourishing but contains only a modest amount of cream. Our kids love it. We skip the dill and do not miss it. Also, we ignore the recipe's instructions to wait until the next day for the flavors to develop. We find the soup is very tasty when it is freshly cooked.*

*The recipe can be adapted to include other veggies. I start with the three recommended ones (cauliflower, potatoes, carrots). Celeriac and Romanesco broccoli are good additions. Both require shorter cooking time than the other veggies, so add to the pot after about 5 minutes of simmering. You can add more veggies than are called for (maybe 1 additional cup), as long as they are covered by the broth.*

1 quart chicken stock  
2 cups cauliflower florets, cut into florets (or use Romanesco)  
1 potato, diced  
1 carrot, sliced  
1/2 cup heavy cream  
2 tablespoons flour  
1 egg yolk  
1 teaspoon fresh dill (optional)

1. Simmer cauliflower, potato and carrots in the chicken stock for 20 to 30 minutes.
2. Combine the cream, flour and egg yolk with a whisk. Add 1 cup chicken stock to the cream mixture, then gradually pour the cream mixture into the remaining stock, stirring constantly. Simmer for 10 to 15 minutes. Do not boil.
3. Garnish with the dill. Soup will be bland right after cooking, but flavors will develop by the next day. *(Beth's note: Not true! The soup is good and ready to eat immediately.)*