

Lemony Carrot and Cauliflower Soup  
“When Fuzzy Slippers Aren’t Enough”  
By Melissa Clark, March 4, 2013  
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Yield: 4 Servings  
Time: 40 Minutes

### INGREDIENTS

1 tablespoon coriander seeds  
2 tablespoons extra-virgin olive oil, more for serving  
1 large white onion, peeled and diced (2 cups)  
2 large garlic cloves, finely chopped  
5 medium carrots (1 pound), peeled and cut into 1/2-inch pieces (2 cups)  
1 ½ teaspoons kosher salt, more as needed  
3 tablespoons white miso  
1 small (or half of a large) head cauliflower, trimmed and cut into florets\*  
½ teaspoon lemon zest  
2 tablespoons lemon juice, more to taste  
Smoky chile powder, for serving  
Coarse sea salt, for serving  
Cilantro leaves, for serving

### PREPARATION

1. In a large, dry pot over medium heat, toast coriander seeds until fragrant and dark golden-brown, 2 to 3 minutes. Transfer to a mortar and pestle and coarsely crush.
2. Return the pot to medium heat. Add the oil and heat until warm. Stir in onion; cook, stirring occasionally, until soft and lightly colored, 7 to 10 minutes. Stir in garlic and cook 1 minute.
3. Add carrots, crushed coriander, salt and 6 cups water to the pot. Stir in the miso until it dissolves. Bring mixture to a simmer and cook, uncovered, 5 minutes. Stir in cauliflower and cook, covered, over medium-low heat until the vegetables are very tender, about 10 minutes.
4. Remove the soup from the heat. Using an immersion blender, purée the soup until smooth. (Alternatively, you can let soup cool slightly then purée it in batches in a food processor or blender.) If necessary, return the puréed soup to the heat to warm through. Stir in the lemon zest and juice just before serving. Drizzle with oil and sprinkle with chile, sea salt and cilantro leaves.

\*I used a head of purple cauliflower that I received in my CSA box. After reading some of the comments, I added not only the lemon juice, but zest. The acid from the lemon transformed my light purple soup into a pretty shade of rose.