

CREAMY CAULIFLOWER SOUP

Something soothing and delicious when paired with

Insight Single Vineyard Dry Riesling

Serves 4

INGREDIENTS

- 1 tbsp butter
- 1 medium onion, diced
- ½ teaspoon salt
- 2 cloves garlic, finely chopped
- 1 head cauliflower
- 2 cups of chicken or vegetable stock
- ¼ tspn white pepper
- 1/8 tspn grated nutmeg
- 2 cups low fat milk
- 2 tbsps finely chopped parsley

METHOD

- 1) In a large pot, over medium heat, melt butter. Add onions and salt. Stir until onions are transparent – about 5 minutes.
- 2) Add garlic, and stir for a further 1 minute.
- 3) Add cauliflower, cover and cook for 3 minutes.
- 4) Add stock and bring to boil. Reduce heat to simmer and cook until cauliflower is soft.
- 5) Puree soup in a blender until smooth.
- 6) Stir in pepper and nutmeg.
- 7) Add milk and warm over low-medium heat.
- 8) Garnish with parsley and serve with crusty bread.



TASTING NOTE: INSIGHT Single Vineyard Dry Riesling

Crisp, refreshing and racy. Perfect as an aperitif. Aromas of honey-suckle, waxy lemon and limes. Hints of minerality– flinty. On the palate; juicy citrus, lemon blossom, zingy ginger and beeswax.