

ROASTED CAULIFLOWER AND KOMBU SOUP

WITH GARLIC SCAPES

Ingredients:

1 head cauliflower,
cut into florets

1 piece kombu

2 garlic scapes,
chopped

1 cup oyster
mushrooms,
chopped

4 cups vegetable
broth

1 tbsp olive oil

Salt and pepper
to taste

Directions:

Preheat the oven to 400°F (200°C).

Toss cauliflower florets with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes until golden.

Rehydrate the kombu in warm water for 20 minutes.

In a large pot, heat a bit of olive oil over medium heat. Sauté garlic scapes and oyster mushrooms until soft, about 5 minutes.

Add the roasted cauliflower and vegetable broth to the pot. Bring to a boil, then reduce to a simmer.

Chop the rehydrated kombu and add to the soup.

Simmer for 15 minutes, then blend until smooth. Season with salt and pepper to taste. Serve hot.