

Bacon and cauliflower soup with Parmesan Crisps



Serves 4, 196 Cals per serve

- 1 teaspoon olive oil
- 1 onion, roughly chopped
- 500g bacon bones, cut into pieces
- 1 (700g) cauliflower, trimmed into florettes
- 1 litre water
- 1 vegetable stock pot (continental) or 1 vegetable stock cube of choice
- 2 bay leaves
- 1/2 cup freshly grated parmesan
- 1/4 cup lite cream, optional
- 1/2 teaspoon horseradish cream
- Salt & white pepper
- 1 tablespoon snipped chives

Heat the olive oil in a large heavy-based saucepan. Saute the onion and bacon bones over the heat for 5 mins. Add the cauliflower, stock, water and bay leaves and bring to the boil.

Reduce the heat to moderately low and simmer the soup for 15 mins. Remove the saucepan from the heat, set aside to cool slightly. Remove and discard the bacon bones and bay leaves and process the soup in a food processor in two batches until smooth.

Preheat oven to 200°C. Place tablespoons of parmesan cheese onto baking trays, spread out to form 6cm rounds, bake in batches for 5-7 minutes or until crisp and golden. Working quickly lift the parmesan crisps from the tray and set aside on a cooling rack.

Return the soup to a saucepan and warm gently, add cream and horseradish and season. Sprinkle with the chives and serve with the parmesan crisps.

(if wish to freeze, do not add cream and horseradish)

Adapted from : Fresh Living - June 2005 , Page 39, Recipe by Michelle Noerianto