
Roasted Cauliflower Bisque

Description

Chef Alyssa Moreau enjoys the combination of creamy cauliflower along with savory rosemary and the brightness of fresh lemon before serving. This Roasted Cauliflower Bisque is a heartwarming dish that's perfect for those cooler nights.

Total time: 45 min Yield: 2 to 4 servings

Ingredients

2 cup cauliflower (cut into small pieces)
1 cup leek or onion (sliced thin)
1 stalk celery (sliced thin)
4 clove garlic (peeled, divided)
2 stalks fresh rosemary (divided)
4 to 5 Tbsp olive oil (divided)
1 to 1½ tsp salt (divided)
¼ tsp pepper
1 cup chickpeas (rinsed drained and dried in paper towel)
1 cup white beans (ie. cannellini, great northern, navy)
2 cup water or broth combo (use a 1:1 water to broth ratio for a lighter flavor)
2 Tbsp fresh lemon juice
2 Tbsp chives, parsley (chopped fine for garnish)

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

In a large bowl, add the cauliflower, leek or onion, celery, three cloves garlic, one stalk rosemary, 2 tbsp. olive oil, ½ tsp. salt and pepper and toss all together. Place in an even layer on a parchment lined baking sheet and bake in a 350°F oven for 30 minutes.

Toss the dried chickpeas in a bowl with a drizzle of 2 to 3 tbsp. olive oil and ½ to 1 tsp. salt. Place on separate parchment lined baking sheet in an even layer and add to the oven along with the cooking vegetables for about 15 minutes.

While baking, take the rosemary leaves off the remaining stalk, place in a small bowl with one clove crushed garlic and top with 2 to 3 tbsp. olive oil. Cover and microwave, in 20 second increments or until hot. Let sit to infuse the flavors. When cauliflower is done roasting, blend with white beans, broth and water combo (*use a 1:1 water to broth ratio for a lighter flavor) until creamy. Add lemon juice and adjust flavors to taste. Add to a cooking pot to reheat for serving.

To serve, drizzle with infused oil, top with seasoned chickpea “croutons” and fresh chopped chives or parsley.

Recipe brought to you by:

Chef Alyssa Moreau