

# CAULIFLOWER RASAM

A LIGHT AND FRAGRANT SOUP USING SEASONAL  
POTATOES. PERFECT FOR LUNCH OR AS A STARTER.

SEASON: SPRING/AUTUMN | COURSE: SOUP | COMPLEXITY: EASY |  
PREP TIME: 10-15 MINS | COOKING TIME: 15-20 MINS | CATEGORY: VEGETARIAN/VEGAN | SERVES: 4-6

## INGREDIENTS

12 to 14 cauliflower florets

10 to 12 tenderstem broccoli

3 small Jersey Royal potatoes (cubed)

2 banana shallots (chopped)

2 garlic cloves (chopped)

¼ tsp crushed fennel

½ tsp crushed cumin

1 green chilli (de-seeded)

2 bay leaves

2 cloves

Salt to taste

6 curry leaves

2 tbsp olive oil

1 tsp asafoetida

1.2 litres vegetable stock

## GARNISH:

1 tsp freshly crushed black pepper

Red chilli (chopped)

Spring onion (chopped)

1 tbsp tamarind sauce (see appendix)

Roasted sunflower seeds

## STEPS

- Heat the oil in a pan and add cloves, bay leaves, fennel, and cumin. Fry on a medium heat for a minute.
- Add garlic, curry leaves, shallots, salt, green chilli and asafoetida. Sauté for a couple of minutes
- Add potatoes, and cook for 2 to 3 minutes until they soften.
- Pour in the stock and bring it to the boil.
- Add the cauliflower and broccoli, and simmer for 10 to 15 minutes.
- Garnish with freshly cracked black pepper, chopped chilli, spring onion, tamarind paste and sunflower seeds.

## CHEF'S RECOMMENDATION

*A good quality rasam looks a lot like a consommé. The key is to not burn the spices. Keep the vegetables in cold water after you've chopped them as this will keep them fresh.*