



## Soups

### Oriental Cauliflower Soup

Yield: up to 6 servings

Extract from  
[www.paleo-harvest.com](http://www.paleo-harvest.com)

The basic idea for this recipe came from Bond Precept practitioner, Jeanne Bouvet, who is concurrently publishing her own recipe book in French, 'La Méthode Bond'.

olive oil spray  
1 white medium onion (about 5 ounces), chopped  
1 clove garlic, sliced  
4 celery stalks (about 4 ounces), sliced  
3/4 pound cauliflower florets, fresh or frozen  
3 cups water  
1 1/2 cups light coconut milk  
2 teaspoons mild curry powder, or more to taste  
1 teaspoon ground coriander, or to taste  
salt, to taste  
ground black pepper, to taste  
2 tablespoons chopped fresh cilantro

1. Spray a non-stick frying pan with the olive oil and sauté the onion, until soft and translucent, but not brown.
2. Stir in the sliced garlic and celery and sauté for 3 minutes on medium-high heat.
3. Mix in the cauliflower florets. Add the water and coconut milk. Season with the curry, coriander, salt and pepper to taste.
4. Cover and bring to a boil. Then reduce heat and simmer gently for about up to 35 minutes, or until the cauliflower is done.
5. Purée the cauliflower mixture in your blender (or food processor), until smooth.
6. Prior to serving, sprinkle with the chopped cilantro.