

**Outlet**

Geelong Advertiser



**Date**

3-24-2018

**Author**

Page/s

88, 89

**Readership**

76000

**Circulation**

18109

**Keywords [highlight]:**

Murdoch Books  
Healthy Hormones AND (Belinda Kirkpatrick  
OR Ainsley Johnstone)

**Ave**

\$7391.04

This copy is licensed by Copyright Agency for the purposes of a Press Clipping Service. Any reuse of this article must be licensed:  
www.rightsportal.com.au

# Roasted cauliflower soup

Preparation: 20 minutes  
Cooking: 1 hour 20 minutes  
Serves 4

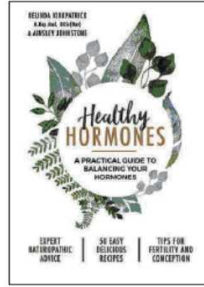
"The cauliflower in this hearty soup makes it really creamy and even people who don't love cauliflower will probably enjoy this dish. Cauliflower is a member of the brassica family of vegetables, known for their hormone-balancing and oestrogen-clearing effects. If you use fresh chicken bone broth, you will also get the extra digestive health and nutritional benefits. The feta, parsley and hazelnut toppings really make this dish special, but you could also use the creamy tahini dressing (see recipe below)."

**SOUP INGREDIENTS**

- 1 whole cauliflower
- 2 large onions or 4 small ones, cut into wedges
- 1 fennel bulb, cut into wedges
- 6 garlic cloves
- olive oil spray
- 1 potato, chopped
- 2 tablespoons thyme leaves
- 2 teaspoons ground cardamom
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1 litre (4 cups) chicken bone broth or stock
- milk (optional)
- parsley, feta cheese and roasted hazelnuts, for topping

**METHOD**

Preheat the oven to 200°C. Line two large baking trays with baking paper.  
Chop cauliflower into small chunks, about 4cm. Spread the cauliflower chunks, onion and fennel wedges and whole garlic cloves on the prepared trays and season with salt and pepper. Spray with olive oil and roast for 40 minutes or until vegetables are lightly golden.  
Put the roasted vegetables in a large saucepan, removing the soft roasted garlic from the skin. Add the potato, thyme, cardamom, cumin, paprika and the chicken broth. You may have to add a little extra water to cover the vegetables. Bring to the boil, then reduce heat and simmer for about 30 minutes. Blitz with a handheld blender until very smooth.  
Add a little milk for a creamier soup. Serve with chopped parsley, crumbled feta and chopped hazelnuts.



Images and recipe from *Healthy Hormones* by Belinda Kirkpatrick and Ainsley Johnstone. Published by Murdoch Books. RRP \$35. Photography by Ainsley Johnstone.

**CREAMY TAHINI DRESSING**

Preparation: 5 minutes  
Makes 200g (1 cup)

**INGREDIENTS**

- 2 tablespoons hulled tahini
- 2 tablespoons hummus
- 3 tablespoons plain yoghurt
- 1 teaspoon ground cumin
- grated zest and juice of ½ an orange

**METHOD**

Put all of the ingredients in an airtight container, stirring well as you add each ingredient. Season with salt and pepper. Store in the fridge for up to one week. You can serve this with meat, fish and roasted veggies.

Note: Swap orange with lemon for a change of flavour. Some brands of tahini are creamier and smoother than others.



PDF

(https://r  
advertise