



l'art de cuisiner

STARK & WHYTE

La Cocotte ... “Cauliflower Soup with Asparagus”

Method

Ingredients:

1 large cauliflower
18 peeled asparagus
1 cup heavy cream
1 cup butter
4 cups water
Cumin powder
Salt & pepper
Parsley for garnish

1. Cook asparagus in salty boiling water until soft. Plunge into ice cold water and keep cool.
2. Cut cauliflower into large pieces. Cook cauliflower in Staub “Cocotte” with water and a little salt until soft.
3. On medium heat, purée the cauliflower with a hand mixer.
4. Add heavy cream and butter and stir until there is a creamy consistency.
5. Season with salt and pepper and a pinch of cumin powder.
6. Cut the asparagus into thirds and add them to the soup.
7. Garnish with parsley.

Serve with crusty bread.



www.starkandwhyte.com