**Cauliflower Soup**

**Ingredients**

* 1 tbsp olive oil
* 1 large onion, finely chopped
* 3 cloves of garlic, crushed
* 1 cauliflower, cut into florets (use stems too)
* 500g potatoes
* 1.5 litre of chicken stock
* 300ml of cream

 **Method**

1. Heat oil in a large saucepan. SAUTE onion and garlic.
2. Add potato and cauliflower and cook, stirring for 5 minutes.
3. Add stock, salt and pepper. Bring to the boil then turn down to a low heat. SIMMER until the potato is tender.
4. Set aside to cool for 5 minutes.
5. Blend in batches until smooth. Add cream and gently heat through.
6. SERVE.

**GARLIC AND HERB CROUTONS**

**Ingredients**

* 1 loaf of Turkish bread
* 4 cloves of garlic, crushed
* 2 tablespoons of fresh thyme leaves
* 2 tablespoons of fresh oregano
* 4 tablespoons of olive oil

**Method**

1. Preheat oven to 220 degrees. Line a baking tray with baking paper.
2. Tear bread into 3 cm pieces. Place in a large bowl.
3. Combine the rest of ingredients and add to the bread. Toss to coat. Arrange in a single layer. Season with salt and pepper.
4. Bake for 10 to 12 minutes or until browned and crisp. Cool and tray and serve with soup.