

# Potato & Cauliflower Chowder

By Dino Sarma

1 head of garlic, crushed and peeled (you can chop it if you feel like, but I didn't bother)

2 LARGE white or Spanish onions, chopped roughly

3 lbs of potatoes, diced

1 large head of cauliflower, broken up into florets (SAVE THE STALKS)

A metric fuckton of olive oil

Almond milk (unsweetened, unflavoured) OR cashew milk (unsweetened, unflavoured) OR coconut milk (the kind that comes in a tin) plus water

1/2 cup of nutritional yeast if you have it

Set like 2 quarts of water to boil. Why? Because you'll need a fair bit of hot water to get this thing going, and who wants to wait for water to boil? It's boring. So just get it movin' now.

Also, you're gonna be boiling some of the potatoes and cauliflower florets separately from the main pot where the onions/garlic and the rest are going.

With the flat of your knife, or a can of something or other or some other heavy object, smash each clove of garlic until you have the entire head of garlic smashed individually.

THEN, peel them all at once. If you do this stuff in assembly line fashion, it goes faster. You can run the knife through the pile of garlic if you really feel like it, but this is getting blended anyways, so don't worry about it.

Throw the garlic into your soup pot with a lot of olive oil. No, more than that. No. MORE THAN THAT. You need like a good half a cup minimum if you have a narrow and deep pot. If your pot is wider, you want enough oil that your garlic will be basically deep frying in the oil.

Turn on the heat to medium low. You want the oil to be barely bubbling. Why? Because it helps extract the garlic flavour in a more gentle way, and your house will smell even nicer than if you try to hit it with full heat. Also, you're gonna chop the onion while the garlic fries. Go too hot, and you won't have enough time.

Chop off the root and stem of the onion. Chop it in half vertically. Peel off the outer skin. Then chop each half of the onion into like roughly same sized pieces. You're gonna puree this anyways, so don't bother being precious about it. Just roughly chop it. Dump it into the pot with the garlic. Crank the heat to medium high now. Why? Because you just need the onions to get translucent, and this massive amount of onion is going to take forever to get cooked through. Put the lid on the pot, and let them park for a while.

Chop up your potatoes into roughly the size that you need so that two of the cubes of potato would fit on your soup spoon of choice. Why? Because you're also gonna do the same to

the cauliflower florets. You want each spoonful to have the ability to have a little bit of everything. It makes it nicer to eat.

Now for the fancy part. Take about half of your potatoes and put them in the pot with the onions. Throw in enough almond milk (or a can of coconut milk + water) into the potatoes & onions until they're completely submerged. Add the other half to the pot with the boiling water. GENEROUSLY salt both pots.

Set a timer for 15 minutes. Why? Because the potatoes hanging out in the plain water need to get cooked, but not blasted to smithereens. Make the cauliflower into bite sized florets, and dump in all the stalks into the pot with the potato/onion/almond milk. Add about 2/3 of the florets in with the just tender potatoes in the water. Those are gonna stay whole and pretty, so throw in the nicest ones here.

When the cauliflower + potatoes are just tender, turn off the heat.

Boil the hell out of the potatoes/cauliflower stalks/almond milk. Take them to tender, and take them like a step further. You want the potatoes to be cooked so well that they are squishably soft. Once the potato/cauliflower/almond milk is cooked through, blend the hell out of it in the blender. You want it welllll blended. If you don't have a powerful blender, just strain it through a sieve. It'll be fine.

Combine the pureed stuff with the plain cooked cauliflower and potato stuff (minus the water, which you can always add if you need to thin it out a bit).

**NOW HERE IS THE SECRET PART.** Cook the whole works together with a generous bit of black pepper. Cook it until the potatoes are properly tender to your liking. For some reason, cooking it all together at the last few minutes just brings it to the next level. When the soup is done, stir through some nutritional yeast, and taste for seasoning. Adjust salt as needed, and add a tiny bit more black pepper, because you'll likely feel like it's missing something.

**OPTIONALLY:** If you want to take it to the next level, throw in like half a bag of frozen corn and stir it through.