

# **BUTTERY CAULIFLOWER SOUP**

**EFFORT: A LITTLE • PRESSURE:  
HIGH • TIME UNDER PRESSURE: 10 OR  
15 MINUTES • RELEASE: QUICK •  
SERVES: 6**

**8 tablespoons (1 stick)  
unsalted butter, cut into bits  
1 medium cauliflower head  
(about 1½ pounds), cored,  
trimmed, and broken into 2-  
inch pieces  
1 teaspoon salt  
½ teaspoon ground caraway  
¼ teaspoon baking soda  
2½ cups vegetable or chicken  
broth**

**1** Melt the butter in a 6-quart stovetop pressure cooker set over medium heat or in a 6-quart electric pressure cooker turned to the browning function. Stir in the cauliflower, salt, caraway, and baking soda until well combined. Pour ¼ cup water over everything.

**2** Lock the lid onto the pot.

**ELECTRIC:** Set the machine to cook at high pressure (9–11 psi). Set the machine's timer to cook at high pressure for 15 minutes.

**3** Use the quick-release method to return the pot's pressure to normal.

**4** Unlock and remove the lid. Stir the broth into the soup. Use an immersion blender to puree the soup in the pot—or transfer it in batches to a blender and puree it, taking the knob out of the center of the blender's lid and covering the hole with a clean kitchen towel.

## **TESTERS' NOTES**

- *Poaching cauliflower in butter? The results are ridiculously creamy, probably the best cauliflower soup we've ever had.*
- *You can use precut cauliflower, available in the produce section of many supermarkets, though you'll need to slice larger chunks down to the appropriate size. You'll need about 1¼ pounds.*
- *If you don't want to buy ground caraway but have some caraway seeds on hand, grind them in a small food processor, spice blender, or even coffee grinder to make a powder. Clean out the coffee grinder by grinding some white rice to a powder, then wiping out the grinder with a damp paper towel. You can also substitute ¼ teaspoon dried dill and ⅛ teaspoon grated nutmeg for the ground caraway.*