

MENU SERVES 4

CAULIFLOWER SOUP WITH ALMONDS

ROSEMARY LAMB CHOPS WITH SWISS CHARD AND BALSAMIC SYRUP

BROILED PLUMS WITH MANGO SORBET

EACH SERVING ABOUT 521 CALORIES AND 17 GRAMS FAT

CAULIFLOWER SOUP WITH ALMONDS

SERVES 4

Active time: 20 min Start to finish: 45 min

This soup looks thick but doesn't taste at all heavy. In fact, it has an almost billowy texture, but with enough substance to still be satisfying. The addition of just a small amount of toasted almonds adds some crunch to the equation.

- 1 medium leek (white and pale green parts only), halved lengthwise, then cut crosswise into $\frac{1}{2}$ -inch-thick slices ($\frac{3}{4}$ cup)
- 1 teaspoon unsalted butter
- 1 tablespoon water
- 1 (2-lb) head cauliflower, cored and cut into 1-inch pieces (6 cups)
- $\frac{3}{4}$ teaspoon ground coriander
- $1\frac{3}{4}$ cups fat-free reduced-sodium chicken broth (14 fl oz)
- $1\frac{1}{4}$ cups 1% milk
- 1½ teaspoons salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 tablespoon sliced almonds

- Wash leek slices in a bowl of cold water, agitating, then lift out and pat dry.
- Melt butter with water in a 4- to 5-quart heavy saucepan over moderate heat. Add cauliflower and leek and cook, uncovered, stirring occasionally, until cauliflower begins to soften (do not let

brown), about 5 minutes. Add coriander and cook, stirring, 1 minute, then add broth, milk, salt, and pepper and bring to a simmer, stirring occasionally. Reduce heat and gently simmer, covered, stirring occasionally, until cauliflower is very tender, 15 to 20 minutes.

► While soup is cooking, toast almonds in a dry skillet over moderately low heat, stirring frequently, until fragrant and a shade darker, about 3 minutes.

► Purée soup in 2 batches in a blender (use caution when blending hot liquids) until very smooth. Serve soup topped with almonds.

Cooks' note:

Soup can be made 2 days ahead and chilled, covered. Almonds can be toasted 2 days ahead and kept separately in an airtight container at room temperature. Reheat soup before serving.

EACH SERVING ABOUT 96 CALORIES AND 3 GRAMS FAT

