WASTE LESS, TASTE MORE 007

Extra Roasted Vegetables? Make a First Course.



A SMOOTH SOUP GIVES THEM A NEW PRESENTATION.

When you roast more vegetables than you serve, consider a soup for another meal. Carrots, squash, and cauliflower each offer a starting point for a beautifully presented first course.

1 Choose a clear flavor direction

Start with one main vegetable or a combination that already works together. Consider the seasoning used during roasting.

Why: A focused soup lets the ingredients taste intentional.

2 Blend and adjust gradually

Blend the cooked vegetables with a suitable stock, adding liquid a little at a time. Taste before adding more seasoning.

Why: You control the consistency and avoid overwhelming the vegetables' flavor.

3 Give it a dinner party finish

Serve in small bowls or cups with a contrasting garnish, such as chopped chives, toasted seeds, or a swirl of yogurt.

Why: A finishing detail gives a simple soup the care of a composed course.

KITCHEN NOTES

Carrots

Try ginger and a little orange zest, finished with yogurt.

Cauliflower

Try thyme and stock, finished with toasted breadcrumbs.

Squash

Try a warm spice such as cumin, finished with toasted pumpkin seeds.

THE PLATING MINDSET

Changing the texture and serving vessel can give familiar ingredients a completely new presence.