

Cauliflower Chowder

This recipe was inspired by a dairy-filled classic, but my goal was to reimagine it into something more nourishing — packed with anti-inflammatory ingredients, bold flavor, and the same rich, satisfying texture as its traditional counterpart. It was created for the very first Inner Table, an intentional supper club where people gathered around the table to share conversation, foster connection, and build community through food and presence.

INGREDIENTS

1 head cauliflower, cut into chunks
1 medium celery root, peeled and cut into chunks
1 small yellow onion, quartered
2 cloves garlic, peeled, whole
4 cups water
1 tablespoon Better than Bouillon, optional
1/2 cup raw cashews, roasted
3 tablespoons extra virgin olive oil
2 tablespoons fresh thyme, picked
salt, to taste
fresh ground pepper, to taste

STEP 1

Prep the cauliflower, celery root, onion, and garlic. Add to a large pot with water and Better than Bouillon (optional). Cook on medium, covered, for 20–30 minutes or until vegetables are soft.

STEP 2

Preheat oven to 300°. Place cashews on a parchment lined baking sheet and bake for 10 minutes or until golden brown.

STEP 3

When vegetables are cooked through, remove pot from heat and add cashews, olive oil, and thyme to pot and mix well.

STEP 4

Working in 2–3 batches, carefully transfer the soup to a blender and puree until smooth and creamy. Start on low speed and gradually increase to prevent hot liquid from splattering. Transfer the blended soup to a clean pot and repeat with the remaining soup. Season with salt and pepper to taste.

SERVES

6

TIME

45 MIN

SHOPPING LIST

1 head cauliflower
1 medium celery root
1 small yellow onion
2 cloves garlic
water
Better than Bouillon, optional
raw cashews
extra virgin olive oil
fresh thyme
salt
fresh ground pepper

EQUIPMENT

Heavy bottomed pot with cover
High speed blender

STORAGE

Store in air tight container in fridge for 3–5 days; freeze for 3–4 months