



The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Soup: Old World Cauliflower Soup

Serves: Four

Ingredients

½ cup cream of buckwheat
4 cups chicken broth
2 cups diced cauliflower
½ cup diced onion
1 cup milk or cream
½ cup grated cheddar cheese

½ tsp. salt
¼ tsp. pepper
¼ tsp. nutmeg
2 tbsp. butter
2 tbsp. snipped parsley

Directions

In a large pan, combine cream of buckwheat with broth. Add cauliflower and onion. Bring to a boil, stirring frequently; than simmer about 15 minutes. Stir in remaining ingredients except parsley. Heat but do not boil. Pour into bowls and garnish with parsley. Enjoy!



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