

White Vegetable & Ginger Soup



(Serves 4)

Ingredients

- 1 small cauliflower – cut into florets
 - 1 small daikon radish (or mild white turnip) – peeled and diced
 - 1 small white onion – sliced
 - 2 cloves garlic – lightly crushed
 - 2–3 slices fresh ginger (adjust to taste)
 - 1 small parsnip – peeled and chopped (optional for sweetness)
 - 1 litre (4 cups) vegetable or light chicken broth
 - 1 tbsp sesame oil or mild olive oil
- Sea salt and white pepper, to taste
 - Handful of shredded poached chicken or cubed tofu (optional for protein)
 - Garnish: spring onion, white sesame seeds, or a drizzle of light soy sauce

Method

1. Prepare the aromatics
 - In a large pot, heat sesame oil over medium heat.
 - Add onion, garlic, and ginger; sauté for 2–3 minutes until fragrant.
2. Add vegetables & broth
 - Stir in cauliflower, daikon, and parsnip.
 - Pour in the broth and bring to a gentle boil.
3. Simmer
 - Reduce heat to low and simmer for 20–25 minutes, until all vegetables are tender.
4. Season & finish
 - Add sea salt and white pepper to taste.
 - For extra creaminess, use a hand blender to partially blend the soup (optional).
 - Add shredded chicken or tofu in the last 5 minutes if using.
5. Serve
 - Ladle into bowls and garnish with spring onion, parsley, sesame seeds, or a drizzle of light soy.

TCM Notes

- Cauliflower & daikon: Support Lung Qi, help clear heat and phlegm.
- Ginger: Warms the middle burner (spleen/stomach), aiding digestion.
- White onion & garlic: Strengthen immunity, disperse cold.
- Parsnip: Adds natural sweetness, harmonising spleen and stomach.