

Basic Cauliflower Mash

Makes 6 servings (adjust for 8 people)

INGREDIENTS

2 lb (908g) Cauliflower trimmed

Sea Salt

¼ cup whipping cream

4 Tbsp unsalted butter

¼ cup freshly grated Parmesan cheese

¼ cup cream cheese

METHOD

- Cut the cauliflower, including the core into 1 inch pieces. Bring a large pot of water to a boil and salt lightly. Add the cauliflower and cook over medium heat until completely tender about 20 to 30 mins.
- Drain the cauliflower in a colander. With a bowl or small plate, press on the cauliflower to remove all the water. Toss the cauliflower and continue to press out the water. This step is very important to achieve the texture of the dish.
- Transfer the cauliflower to a food processor. Add the cream and puree until completely smooth. If you like chunkier texture, mash by hand, adding the cream after the cauliflower is mashed. Return to the pot. (Can be transported at this stage.)
- When ready to serve the puree, heat over low heat, stirring constantly. Add the butter, Parmesan and cream cheese. Stir until incorporated fully. Season to taste with salt, if necessary. Serve immediately at this stage.

Additional alternative seasoning: Truffle Oil to suit taste, Roasted garlic, Basil Pesto, chopped sundried tomatoes, Wasabi paste and Dijon mustard. Great basic recipe.

From: THE LOW-CARB GOURMET by Karen Barnaby

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