



JERNEJ KITCHEN

CREAMIEST MASHED CAULIFLOWER

Creamiest Mashed Cauliflower is super tasty, healthy and has way fewer calories than the mashed potatoes. Serve it with fish, meat or other vegetarian dishes.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	10	MINUTES
TOTAL TIME:	20	MINUTES

CREAMIEST MASHED CAULIFLOWER

650 g cauliflower (1.4 lbs)

1/4 tsp nutmeg, salt, pepper

3 tbsp heavy cream

1 tbsp butter, softened

TOOLS AND EQUIPEMENT

pot

colander

kitchen knife

blender or immersion blender

Sponsored

COOK THE CAULIFLOWER

Place a pot filled with 1,5 L salted water over medium heat. Bring to a boil. Cut the cauliflower to 2 cm / 1-inch large chunks. Add to the boiling water and cook for about 10 minutes (low simmer). Drain and leave in a colander for about 5 minutes for the steam to evaporate from the cooked cauliflower.

ADD THE REST OF THE INGREDIENTS

Transfer the cauliflower to a blender or to a bowl if you will be using a hand-held immersion blender. Add the ground nutmeg, pepper, salt, heavy cream and butter.

BLEND INTO A SILKY MIXTURE

Blend everything into a blend, glossy mashed cauliflower. Pause the blender or immersion blender every now and then, scrape the sides of the bowl and continue to blend. Blend for about 5 minutes to get a really nice, glossy mixture. Season to taste with salt and pepper.

SERVE OR STORE

Serve the mashed cauliflower or store them in a fridge for up to three days. Before serving, reheat it. You can also store the cold mash in a freezing bag and store for up to a month in a freezer.