



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.

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| 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

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.