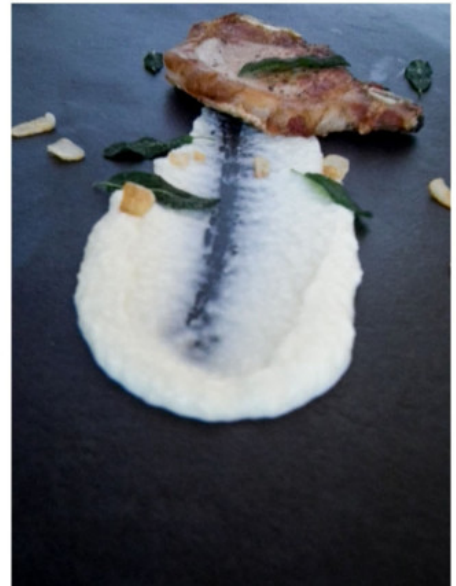


Creamy Cauliflower Puree

There's all this fuss about cauliflower these days, its proving to be a great substitute for rice, pizza bases and mash potato. Aaaaah... Mash Potato, how I love thee ... unfortunately though, you do nothing for my waistline! So I thought, let me see how the cauliflower puree phenomenon will stand up against my beloved mash potato. The result? A creamy, rich, indulgent and delicious 'mash' / puree. Is it mash potato? Well, no but its a very good substitute for those trying to avoid carbs at dinner time. So quick and easy to prepare and I caught a few fingers licking the plate ... mine included ;-)

I served mine with Pork Chops which I fried with olive oil, garlic and sage leaves. I fried a few of the sage leaves first in the hot olive oil for 3 or 4 seconds before draining on carlton towel and sprinkling generously with salt. I then set these aside for garnishing. The oil was then nicely flavoured with the sage, so I added the pork chops, which I had already marinated in a little olive oil, with a clove of garlic which I crushed into a smooth paste, salt & black pepper. As far as week night dinners go, it was a goodie!



Yield: 3 - 4 servings

Ingredients:

1 head cauliflower - tough stalks removed

1 cup chicken stock / Water

3 Tbsp fresh cream

1 Tbsp butter

Salt & Pepper for seasoning

Method:

Roughly chop the cauliflower and put in a pot together with the chicken stock. Bring to a boil and then reduce the heat and simmer gently until cauliflower is completely tender. Strain in a colander, retaining a few spoons of the cooking liquid. Put cauliflower in food processor and blend until smooth, adding about 20ml of the cooking liquid as you go. Once processed to a smooth consistency, add the cream and butter and process again until combined. Season with salt and pepper and enjoy !

Cooks Note: I use the Woolworths organic ready made chicken stock for this recipe. The stock freezes well, so I freeze whats left over after I've measured. If you find the puree too thick, add a little extra cooking liquid or even better, extra cream :)



