

Hainanese Cauliflower Rice | Keto-Friendly

Swick

Serves 2 to 4 | Active Time: | Total Time:

Step 1: Preparing Your Mise en Place

- 2 tbsp Hainanese Paste
- 1 medium-sized head cauliflower, cored and cut into large pieces
- 1/2 cup minced onion
- 2 tbsp Shallot Oil (or cooking oil)

To start, either make or thaw some Hainanese Paste — timing it so that you are making this cauliflower rice while you have leftover paste in the freezer is a real time saver.

For the cauliflower, working in batches, place the pieces into a food processor and pulse until you reach a rice-like texture. For the best results, use the large grater attachment on your food processor and feed the pieces of cauliflower through the top — this produces a more rice-like texture. When done, you should have about approximately 6 cups of cauliflower rice.

The shallot oil is simply strained oil from these Fried Shallots — while it does add another layer of flavor, it is not totally necessary, especially if you are already using the Hainanese Paste.

Step 2: Cooking the Cauliflower Rice

To cook the cauliflower, heat a wide-bottomed fry pan or wok, over medium-high heat. Once hot, add the oil, followed by the onions. Let cook for a few minutes, or until the onions have started to become translucent and a bit golden in color.

Next, add the cauliflower and stir to combine. If the cauliflower looks like it is steaming a bit, turn the heat up and continue to cook for a few minutes. The cauliflower rice is done as soon as it barely cooked through. It will continue to cook even once it has come off the heat. It will likely take less time than you think, so just keep an eye on it — it's better to be a bit uncooked than overcooked.

Lastly, check for seasoning and then serve immediately.

Chef's Notes

This Hainanese Cauliflower Rice Pilaf is generally used/served as part of the following dishes/recipes:

Hainanese Baked Tofu

Hainanese Paste – this can be made ahead of time and frozen.

Garlic-Soy Sauce

Singapore Chili Sauce – this can also be made ahead of time and frozen.

Scallion-Ginger Sauce

Fried Shallots