

Cauliflower Mash

Swick

Makes 3.0 cups | Active Time: 15 minutes | Total Time: 30 minutes

Step 1: Preparing the Cauliflower

- 1 head cauliflower

To prepare the cauliflower, remove the outer leaves and then slice the cauliflower into even-sized slices/pieces — slicing the cauliflower-like this is done to ensure the pieces cook evenly.

Step 2: Steaming the Cauliflower

- 1 to 2 bay leaves
- sea salt

To steam, the cauliflower, place it into a steamer basket and add the bay leaves as well as a good pinch of salt. Cook the cauliflower until it is just tender — approximately 5 to 8 minutes. The cooking time will ultimately depend on your stovetop and how thick the cauliflower was cut.

Steaming, rather than boiling the cauliflower, helps to reduce the amount of liquid/water in the final dish.

Step 3: Finishing the Cauliflower

- 2 tbsp non-dairy butter
- 1/4 tsp freshly ground nutmeg, or to taste
- 1/2 tsp sea salt, or to taste
- 1/4 tsp white pepper, or to taste

To finish the mash, place the steamed cauliflower into a food processor and blend until smooth.

Next, add the non-dairy butter, nutmeg, salt, pepper and blend again. Note that unlike mashed potatoes, which can become gummy if over blended, there is no real risk of over blending the cauliflower.

Serve this mash with any number of dishes. It goes particularly well with either this Country-Fried Tofu or this Gluten-Free Country-Fried Tofu .

Chef's Notes

A good drizzle of truffle oil also goes really well with this cauliflower mash.