

Cauliflower  
mash

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## Cauliflower mash

### INGREDIENTS

- 25g/1oz butter
- ½ onion, thinly sliced
- 1 cauliflower, cut into florets
- 100g/3½oz mature cheddar, grated
- 75ml/2½fl oz double cream
- salt and freshly ground white pepper
- pinch nutmeg



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## Cauliflower Mash



### Method

1. Slice the onion thinly.
2. Melt the butter in a saucepan. Add the onion and sweat for 1-2 minutes until softened.
3. Add the cauliflower and enough water to just cover the ingredients. Stir to combine, bring to the boil and reduce to a simmer for 8-10 minutes or until tender.

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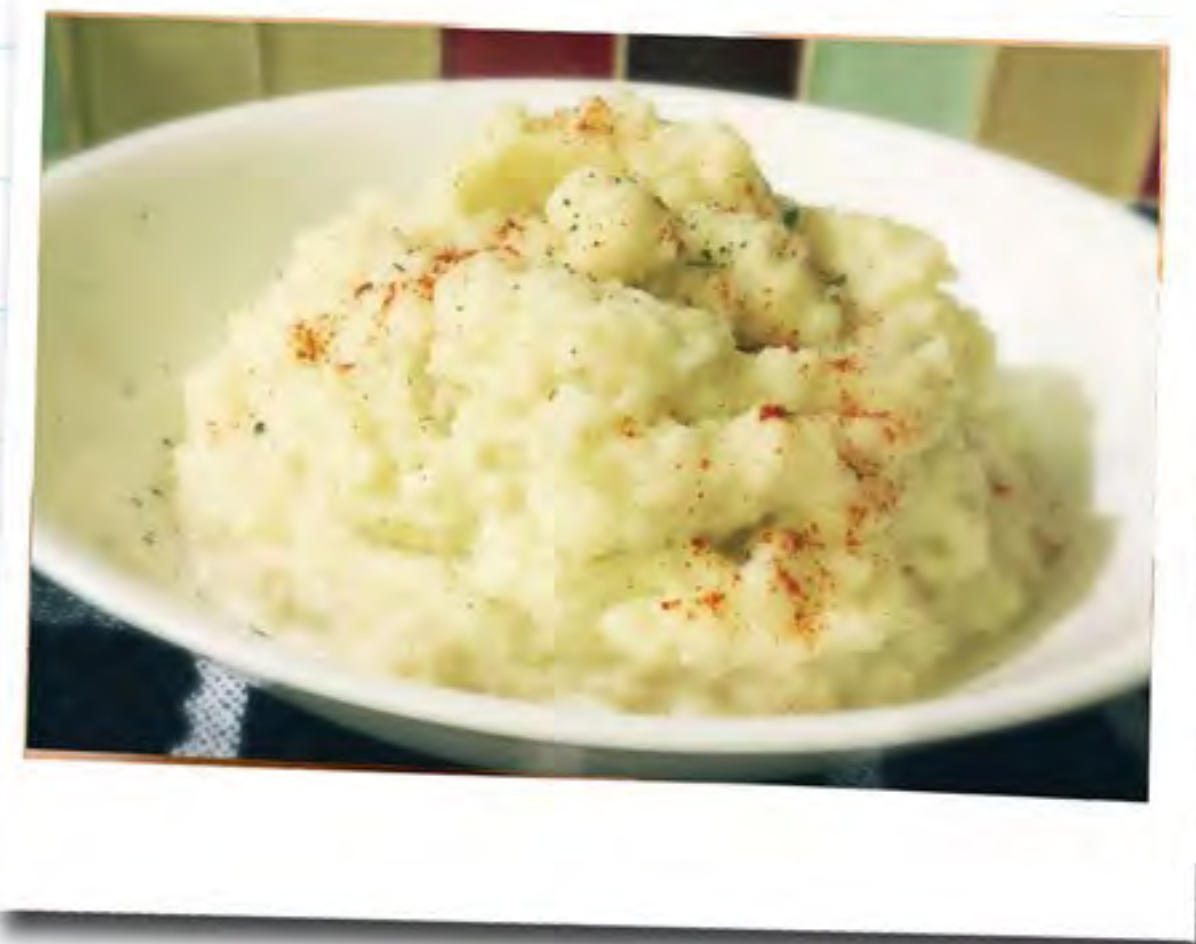


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## Cauliflower Mash

4. Drain through a colander and place the cauliflower mixture in a blender.
5. Add the cheese and cream and blend until you have a thick puree.
6. Season with salt, freshly ground white pepper and pinch of nutmeg.



Cauliflower mash... delicious!



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