EAT THEM TO DEFEAT THEM

Cauliflower mash

Hull Food Partnership
www.hullfoodpartnership.org.uk
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
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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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.