

CAULIFLOWER MASH WITH PARMESAN, GARLIC, AND BUTTER

by radish*rose

Ingredients:

1 head cauliflower
1/4 c. grated Parmesan cheese
1-2 cloves pressed garlic
1/2 tsp salt
3 T. butter
freshly ground pepper
sliced chives or green onions, for garnish

Equipment: Steamer... however you like to steam things. If you're not sure, you basically want to suspend the cauliflower over some boiling water, in a container with a lid. You can get a [steamer insert](#) for your favorite lidded pot - or there are also [inexpensive silicone ones](#) that come in every size (with handles and feet!). [Immersion blender](#) or [potato masher](#) for mashing and fluffing up the fluffiness. Heat-proof large bowl for assembly.

Method:

To steam your cauliflower: Put your steaming water on to boil - 2-3 c. of water in the bottom of your steamer (just enough so it doesn't come up into the steamer basket, but enough so it won't boil away during the steaming time). Cut out the tough cores and stems from your cauliflower, then cut the rest into medium-size chunks - you don't need to have individual cute florets for this, you'll be mashing it so just cut it up enough so it fits into your steamer basket. Once your water boils, add the cauliflower to the basket, cover with a lid, and steam for about 10 minutes. The cauliflower should be pretty soft by the time it's done - poke with a sharp knife, and it should be soft. It won't get waterlogged because it's not actually sitting in the water.

To assemble: In a large bowl that can handle some heat, place your steamed cauliflower, grated Parmesan cheese, cream cheese or Laughing Cow wedge, garlic, salt, butter, and pepper. Now either blend it all together with your immersion blender, or mash the **** out of it with your potato masher! Picture your least favorite person at the moment and put all that into mashing it up. Get it to the texture you like - smooth like whipped potatoes or a little textured like the photo - dish into your serving dishes - and top with sliced chives or green onions. Admire. Pretty! Now enjoy, guilt-free!

Original post: <http://radishrose.net/2014/09/19/cauliflower-mash-with-parmesan-garlic-and-butter>

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