

Cauliflower Mashed Potatoes



Serves 3 - 4

Ingredients:

- 1 large cauliflower head
- 1/4 to 1/2 cup milk/cream (warmed)
- 4 Tablespoons butter softened (I use unsalted. If you add extra spices, you won't miss the salt.)
- 1/4 cup grated Parmesan cheese
- 1/4 to 1/2 teaspoon dried parsley
- 1/4 teaspoon black pepper (or to taste)
- 1/2 teaspoon salt (or to taste)
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- Chives for garnish (optional)
- Shredded Parmesan cheese for garnishing (optional)

Directions:

1. Preheat the oven to 350 degrees F.
2. Remove the stem from the cauliflower and discard. Grate the cauliflower fleurettes into rice sized pieces with a cheese grater or a food processor. (You can buy it already riced, but it's more expensive.)
3. Place the riced cauliflower in the microwave for 7 – 8 minutes. The secret to using a microwave for this step is it will remove a lot of excess water from the cauliflower. This will avoid soupy mashed potatoes.
4. While the cauliflower is cooling off. Warm up about a half a cup of milk or cream.
5. Put the cauliflower in a colander. Using a paper towel, press down on the cauliflower to remove any remaining water. The drier the cauliflower the better.
6. Place the cauliflower in a casserole dish, use a potato masher and mash the cauliflower.
7. Add the softened butter and keep mashing.
8. Stir in the milk/cream slowly until the texture of the cauliflower is moist but not soupy. You may not need all the milk/cream.
9. Add parsley, salt, black pepper/red pepper, onion powder and or garlic powder (You can add any spices you'd like) and stir. Sprinkle a few chunks of butter, chives or shredded cheese on the top of the cauliflower. (optional)
10. Place the casserole dish in the oven for about 15 minutes.