

APS Cooking Club



Cauliflower Mash

Serves - 30 tastes

Season: summer, autumn, winter, spring,

Difficulty: easy

Ingredients: cauliflower and onion

Equipment

- 1 large saucepan
- knife and chopping board
- measuring cups and spoons
- stick blender



Ingredients

- 1 tablespoon olive oil
- 1 onion peeled and finely chopped
- 1 clove garlic finely chopped
- 1 head of cauliflower cut up fine (about 800g)
- 1/3 cup chicken stock (gluten free)
- salt and pepper to taste and herbs from the garden

What to do

- Heat oil in a large saucepan
- Add finely chopped onions and garlic and cook gently over medium heat until soft
- Add the washed and finely chopped cauliflower to the saucepan with the stock and cover and cook on high till stock boils. Reduce heat and cook for a further 10 minutes until tender making sure enough stock to steam cauliflower.
- Remove from the heat and stir in salt, pepper and herbs.
- With the stick blender puree mixture until smooth and creamy.
- Spoon a small portion onto plate.