

Cauliflower Puree

Source: Patricia Wells' "Vegetable Harvest" cookbook, 2007

Carolyn T's
Cookbook

Servings: 6



Notes: Be sure to watch the cauliflower so it doesn't burn. And do reserve the liquid because adding it all will make it far too thin.

1. In a large saucepan, combine the cauliflower, milk, cream and salt. Simmer uncovered over medium heat until tender, about 15 minutes. Stir from time to time to prevent the cauliflower from scorching.
2. Drain, reserving any liquid, and transfer to a food processor or a blender. Process to blend. Add the butter and nutmeg and process to a fine puree. Add just enough of the reserved liquid to give it a smooth, light consistency. Season to taste. Serve.

2 pounds cauliflower, trimmed, cut in florets

1/2 cup milk, 1% lowfat

1/2 cup half and half

1/2 teaspoon sea salt, or more to taste

1 teaspoon unsalted butter

1/2 teaspoon nutmeg, freshly grated

Serving Ideas: This has much of the consistency of cream of wheat, but hey, it's a vegetable. Eat all you want! It could also pass for creamy polenta, one of my favorite things. If you added a bit of cheese to it, you might not be able to tell it wasn't polenta.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 79 Calories; 4g Fat (36.3% calories from fat); 4g Protein; 10g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 221mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat.