

CREAMY CAULIFLOWER, ONION & BROWNED BUTTER MASH

By Dr. Cindy Tanzar

Tender cauliflower is blended to a silky smooth perfection and combined with caramelized onions or leeks, rich browned butter, and sharp cheddar for a flavor-packed experience. A simple, satisfying way to enjoy comfort food without the heaviness of traditional mashed potatoes.

Makes 5-6 servings.



INGREDIENTS

- 6 cups fresh cauliflower florets
- 1 tsp. Pink Himalayan salt
- 1/4 teaspoon ground black pepper
- 1/4 cup organic heavy cream
- 1 cup diced onion or sliced leeks (white and light green parts only)
- 1/2 cup Kerry Gold butter
- 1 cup shredded extra sharp cheddar (like Cracker Barrel Extra Sharp, Cabot Vermont Sharp or Kerry Gold Dubliner)

INSTRUCTIONS

1. Place the cauliflower, salt, pepper and heavy cream in a large microwave safe bowl. Microwave, uncovered, for 10 minutes. Remove and stir. Return to the microwave for 6 minutes, or until the cauliflower is fork tender.
2. Meanwhile, melt the butter in a large skillet over low-medium heat. Add the onion or sliced leeks and cook until soft and browned (8-10 minutes). Careful not to burn. Remove 1 tablespoon of the mixture and set aside to garnish.
3. Place the cooked cauliflower in a large food processor and blend until pureed. (Can beat with a hand mixer, but will be more rustic and not as creamy.)
4. Add the onion and butter mixture (except for the reserved portion) and the cheddar cheese and pulse for 30 seconds or beat with mixer. Adjust seasonings. Transfer to a serving bowl and garnish with reserved onion and butter mixture and chopped parsley, if desired.