



How To Make the Creamiest Mashed Cauliflower

YIELD

Serves 8

INGREDIENTS

2 (16-ounce)
packages riced
cauliflower, or 1
large head
cauliflower (about 3
pounds)

3 tablespoons
unsalted butter

2 cups water

1 teaspoon kosher
salt

INSTRUCTIONS



1 Finely chop the cauliflower (for whole cauliflower only). Halve the cauliflower through the stem. Cut a "V" shape around the core to remove the core from each half. Finely chop the cauliflower. The smaller the pieces, the faster the cauliflower will cook and the creamier the finished dish will be.

2 Sauté the cauliflower. Melt the butter in a 4-quart pot over medium-high heat. Add the cauliflower and sauté, stirring occasionally, until the cauliflower has lightened in color, 3 to 5 minutes.

EQUIPMENT

Chef's knife

Cutting board

Cutting board
Measuring cup and
spoons
4-quart saucepan
Spatula or wooden
spoon
Colander
Immersion blender

3 Boil until tender. Add the water and salt and bring to a boil. Cover and cook until the cauliflower is tender, about 10 minutes.

4 Reserve the cooking liquid, then drain. Reserve 1/4 cup of the cooking liquid. Drain the cauliflower.

5 Mash or purée. Place the drained cauliflower and reserved cooking liquid back in the pot. Mash using an immersion blender to desired consistency. Serve hot.

RECIPE NOTES

Make ahead: Mashed cauliflower can be made up to 3 days in advance and stored in an airtight container in the refrigerator. Reheat over low heat, adding additional butter if needed.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.
