

Cauliflower Purée

Note: this recipe makes a small amount, but can easily be doubled, tripled, etc.

1/2 lb cauliflower florets or combination of cauliflower and broccoli florets, chopped
(2 2/3 cups)
1-2 garlic cloves, crushed
1/3 cup chicken or vegetable broth
1/2 teaspoon salt
2 tablespoons heavy cream
1 teaspoon unsalted butter
crumbled blue cheese (amount to taste)

Simmer cauliflower and broccoli, garlic, broth, and salt in a small saucepan, covered, until they are very tender, about 10 minutes. Puree mixture with cream and butter in a food processor until smooth (use caution when blending hot liquids), or mash with a potato masher or a fork. Place mixture into a small casserole, top with cheese and bake for about 15-20 minutes at 350 degrees.