

Cauliflower Puree

Recipe By *Gabe Garcia*



Cooking and Prep:  25
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Serves:  4

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Carb, Paleo, Keto

Source: Kosher.com

Exclusive

Use this versatile puree under steak or fish for a sophisticated plate, or top it with some salty garnishes for a side dish you'll remember. Bon Appetit!

[Watch Chef Gabe make Cauliflower Puree.](#)

Ingredients (4)

Main ingredients

- 1 head of organic cauliflower or equivalent amount of rutabagas, turnips, or carrots, broken into even pieces
- Meyer lemon zest - no more than three peels
- 3-4 cups blended oil (see note)

salt, to taste

Start Cooking

Prepare the Cauliflower Puree

1. Place organic cauliflower, rutabaga, turnips or carrots (broken into even pieces) into a pot. Add some Meyer lemon zest - no more than three peels. Cover with blended oil.
2. Cover the pot with some parchment paper. Slowly raise heat until water lightly bubbles. Cook until fork tender, approximately 10–18 minutes. Remove with slotted spoon or spider strainer. (Reserve oil for another usage.)
3. Blend vegetables in a blender. Slowly add oil about 1/4 cup of leftover oil just to smooth out the puree. Add salt to taste.

Note:

Use a 70/30 blend of canola (or kosher for Passover variation, if making this recipe for Passover) oil to olive oil: 2 cups and 2 tablespoons to 3/4 cup and 2 tablespoons (=3 cups). Or 2 and a 1/2 cups plus 1 tablespoon to 1 cup plus 3 tablespoons (=4 cups). Almond or Walnut oils are good substitutes if making this recipe for Passover.