

CAULIFLOWER PUREE WITH ALMOND MILK

(from the Bewitching Kitchen)

1 medium sized head of cauliflower
1 tbs grapeseed oil
1 celery stalk, diced
1/2 red bell pepper, diced
1 shallot, diced
Half gallon Light Almond Milk (or slightly less)
salt and pepper

Prepare the cauliflower by removing the outer leaves and the central, hard core. Cut the florets off, slicing the large ones in two or three pieces.

Heat the oil on a skillet. Saute the celery, onion, and red bell pepper until the onion is golden, and the mixture is very fragrant. Season with a little salt and black pepper. Add the cauliflower to the skillet and cook it on high heat for a couple of minutes, stirring often. Transfer the mixture to a saucepan so that the cauliflower fill it no more than halfway up. Add almond milk to the saucepan just to cover the cauliflower (I ended up using less than the full carton) and bring the mixture to a boil. Reduce the heat, cover the pan keeping the lid slightly ajar, and simmer for 20 to 25 minutes, until the cauliflower is tender.

Transfer the cooked cauliflower to the bowl of a food processor, keeping the almond milk in the pan. No need to drain it completely, the amount of liquid that sticks to the florets will provide a nice texture. Process until smooth. If necessary, add a little more warm almond milk, discard the rest. Test the puree for seasoning. Serve warm.