Best Cauliflower Mash

Ingredients:

1 head cauliflower, cut into florets
1/2 cup sliced onion
1 clove garlic
1 cup chopped parsnip or 1/2 cup chopped carrot
1 egg yolk
1/2 cup salted butter or clarified butter

Procedure:

1. Steam veggies until completely tender, remove from heat and drain.
2. Using a clean kitchen towel, squeeze out extra water.
3. Process veggies in food processor until completely smooth.
4. Add egg yolk, mix until smooth
5. Add butter, mix until smooth.

Serves 6

The version with parsnip is white, like mashed potatoes. The carrot version, which I prefer, is light orange. This recipe easily doubles—just squeeze the veggies in two batches. We always make double now because we eat this up in a flash.