

Guy Fieri

ROASTED AND PUREED CAULIFLOWER

Roasted Cauliflower (Puréed Cauliflower below)

Courtesy Guy Fieri

1 head cauliflower, diced into 1 inch pieces
2 cloves chopped garlic, to equal 2 teaspoons
2 tablespoons olive oil
1/2 bunch fresh chopped chives, to equal 1 Tablespoon
1 teaspoon salt

Preheat oven to 350 degrees. Heat olive oil in a medium sauté pan over medium heat. Add cauliflower. Saute for approximately 3 minutes or until cauliflower is light brown. Transfer pan to oven and cook for 10 minutes. Remove pan from oven. Add garlic and salt. Stir until well mixed. Return pan to oven for 3 minutes. Remove pan from heat. Toss in chives. Serve with Cauliflower Puree.

Yield: 8 servings
Prep Time: 15 minutes
Cook Time: 20 minutes
Inactive Prep Time: 0 minutes
Ease of preparation: Intermediate

Cauliflower Purée (Roasted Cauliflower above)

Courtesy Guy Fieri

1 head of cauliflower, cut into 2 inch pieces
1 quart (4) cups of whole milk
1 tablespoon of unsalted butter
1 teaspoon of salt

Combine cauliflower, milk and half a teaspoon of salt in a small sauce pan over low heat. Bring mixture to a simmer, cover, and cook until cauliflower is tender (20-25 minutes). Strain cauliflower and milk mixture. Reserve liquid. Transfer cauliflower to a blender. Add remaining 1/2 teaspoon of salt and tablespoon of butter to the blender. Add 1/2 of the reserve cooking liquid. Secure top on blender and puree mixture until smooth. If mixture is too thick, thin by adding some of the remaining reserve liquid. Serve with Roasted Cauliflower.

Yield: 8 serving
Prep Time: 15 minutes
Cook Time: 30 minutes
Inactive Prep Time: 0 minutes
Ease of preparation: intermediate



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