

## Cauliflower Apple Puree

June 2015, by Camine Pappas

### INGREDIENTS:

1 head of cauliflower, broken into large pieces (about 5-6 Cups)  
2 large Fuji apples, peeled and cut into large pieces  
¼ C heavy cream  
2 T butter  
1 t salt and dash of pepper  
Dash of turmeric  
½ t allspice  
½ T dried thyme

### DIRECTIONS:

Boil apples and cauliflower until soft, immersing in water covering them by at least an inch. Drain, let sit for about 15 minutes to cool slightly. Using an immersion blender, begin to puree the cauliflower and apple, then add the cream, a bit at a time, so you don't make it too runny. You want it the consistency of soft mashed potatoes. Add the spices, and salt and pepper, and taste. Add more salt as needed, or a bit more allspice.

You can make this up to the day before, and then bring to temperature with the microwave, heating SLOWLY. You don't want to overheat. Just keeping heating at half power, about 1 minute at a time, until it is ready to serve with your main dish.

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