

GAPS

Mashed Cauliflower



Serves 6-8

After getting the hang of Basic Stew, you can create casseroles by transferring the stew to an ovenproof dish, adding Mashed Cauliflower on top, and cooking in the oven at 360° for about 30 minutes. This is similar to a shepherd's pie.

1 head cauliflower

Sea salt

3-4 cups filtered water or stock

1-2 tablespoons cultured

3-4 tablespoons ghee, coconut oil, lard, or tallow

cream and/or ghee

Break up the cauliflower into little florets. Steam it or bring it to a boil in the filtered water or stock, then reduce the heat to a simmer for 10-15 minutes. Strain and place back into the hot pot. Add the fat of your choice and blend with a handheld blender, or transfer to a food processor and blend until soft and smooth. Add cultured cream and/or ghee and salt to taste.