Simple Cauliflower Mash with Goat cheese.

Avoid these common pitfalls:

1. Don't overcook. The less cooked it is, the more micronutrients it will retain. Most recipes tell you to cook it well past where you would eat it as a solid. I say, "cook less, blend more."
2. Don't underblend. I use a stick blender and I keep it moving for about 2 minutes to make sure all of the cauliflower is blended into a silky paste. A blender is fine too.
3. Don't leave too much water in the mix. When you finish cooking the cauliflower, pour off all of the water, then give it a good toss and drain again if necessary. You can always add liquid if it is too thick, but your can't take it out once you puree it.
4. Don't use too much water. Boiling in a lot of water will strip out most of the vitamins which will be carried away with the water. Steaming is better, but if you boil, keep the water level low.

Serves 4

Ingredients:

1 Head of Cauliflower

2 Cloves Garlic

2 Tablespoons Goat cheese

3 Tablespoons Sour cream

Salt and Pepper to taste

Cook the cauliflower for about 20 minutes. When it can be pierced easily with a fork, it is done. Don't cook it more than you would for other cauliflower dishes. You don't need it to be falling apart. Add all of the other ingredients and blend thoroughly. Taste and adjust seasoning as needed. If you need to thin the mix, you can use vegetable stock or milk.