



CATERING, EVENT PLANNING & WELLNESS

CAULIFLOWER MOUSSE

1 head of organic cauliflower, sliced small
2 cups of organic milk
1 tablespoon butter
salt to taste
truffle oil (optional)

In a medium sauce pot, add cauliflower and enough milk to cover the cauliflower. Place on medium heat and simmer for twenty minutes or until tender. Drain cauliflower and reserve the cooking liquid. Place cauliflower in blender and puree with a little bit of the cooking liquid, butter and pinch of salt. Finish with a touch of truffle oil. The consistency should resemble smooth mashed potatoes.