

CAULI – SKORDALIA

A simple Greek dip made with just potatoes, garlic, lemon juice and oil, is re-imagined with cauliflower as the main ingredient which yields a lighter texture and significantly more flavor. Start with the 4 cloves of garlic, but if you love your garlic feel free to add several more cloves to your taste.

INGREDIENTS

1 head Cauliflower, about
1½ - 2 pounds

4 large Garlic Cloves,
minced

½ Cup Parmesan Cheese

1/3 Cup Blended Oil

1 teaspoon Salt

DIRECTIONS

Remove leaves from cauliflower and cut out most of the stalk before cutting the head into large florets (do not be too fussy about getting even sizes).

Place in a steamer and cook for 20 minutes – a knife inserted should easily pierce the thickest part of the stalk area. Allow to steam dry a few minutes off the bottom water-filled pot so that there is little moisture.

Place in a 1-quart container and use an immersion blender to purée with cheese, garlic and salt.

Once evenly combined, drizzle in the oil whilst puréeing to achieve an emulsified texture.

Store covered in the refrigerator until ready to use.