

Cauliflower puree

Ingredients

1 Onion

¼ Cup butter

1 Medium cauliflower

4 Cloves of garlic

3 Cups milk

Salt and pepper

METHOD

1. Chop the onion and cross chop the garlic.
2. Cut the cauliflower into pieces.
3. Put the milk, butter, garlic and onion into a saucepan and sweat down on a low heat.
4. Once the cauliflower is soft puree until smooth then add salt and pepper to taste.