

CAULIFLOWER MASH



APPROX TIME: 20 MINUTES

INGREDIENTS

1 Head Cauliflower

2 tbsp butter (Optional)

Salt to taste

You'll need a masher or immersion blender

DIRECTIONS

- Add 1 cup water
- Place "rack" into base of pot
- Break up the florets of the cauliflower and put it in the 'pot' (Steamer basket).
- Close and lock lid (make sure sealing ring is in place)
- Set to Sealing
- Use pressure button.
- Use + or - buttons to change the cook time to 10 minutes
- **Natural Release** for 3 minutes (do nothing).
- Then **Quick Release** pressure (use caution around steam)
- When all the steam is released and your float is down, remove the lid (face it away from you)
- Press Cancel on the machine.
- Remove florets and mash with butter and salt

**Cauliflower mash in a nice alternative to
mashed potatoes.**