

Roasted Cauliflower and Garlic Mash

<http://userealbutter.com/2015/02/22/roasted-cauliflower-garlic-mash-recipe/>
modified from [comfy belly](#)

1 head (about 1.5 lbs.) cauliflower
1 bulb garlic
3 tbsps olive oil
salt
pepper
1/2 tsp fresh thyme, chopped (or use whatever herb you like)
1 cup (or more) chicken broth (or vegetable broth, milk, or water)

Preheat oven to 400 °F. Trim the leaves off the cauliflower and slice the head into florets. Place the cauliflower in a medium bowl and set aside. Slice the very top of the bulb of garlic off with a sharp knife, just enough so you can see the meat of the topmost cloves. Place the bulb in an oven-proof ramekin or wrap it loosely with foil. Drizzle a tablespoon of olive oil over the top of the bulb. Cover the ramekin with foil or loosely seal the bulb in a foil pouch. Roast the garlic for 45 minutes. Drizzle the remaining 2 tablespoons of olive oil over the cauliflower. Season with salt and pepper and fresh thyme. Toss together to coat. Spread the cauliflower florets out on a baking sheet or baking pan in a single layer. Roast for 35-40 minutes until the edges begin to brown.

Heat the chicken broth (or liquid of your choosing) in a small saucepan until it begins to simmer. Turn off the heat. When the garlic is cooled enough so you can safely handle it, remove the cloves from the skins. They should peel or slide out easily. Place the roasted cauliflower and the peeled roasted garlic cloves in a blender with 1 cup of the heated liquid. Purée to desired consistency, adding more liquid as needed. You could conceivably use a food processor, but I think the blender results in a smoother mash. Makes 3 cups.