

Mashed Cauliflower

Creamy garlic mashed cauliflower recipe - a delicious low-carb, healthy alternative to mashed potatoes. Easy to make and keto-friendly!

10	15	25	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 1 cauliflower
- 2 clove garlic
- 2 tbsp unsalted butter
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the Cauliflower**

Remove leaves and core from 1 cauliflower head, then cut into uniform 2-inch florets.
- 2 Steam the Cauliflower**

Place florets in a steamer basket over boiling water and steam for 12-15 minutes, until fork-tender and easily pierced.
- 3 Drain cauliflower thoroughly and pat completely dry with clean kitchen towels to remove excess moisture.**
- 4 Prepare the Garlic**

Heat 2 tablespoons butter in a small pan over medium heat. Add 2 minced garlic cloves and sauté for 1-2 minutes until fragrant and lightly golden.
- 5 Mash the Cauliflower**

Transfer dried cauliflower to a food processor or large bowl. Add the sautéed garlic with butter, 1 teaspoon salt, and 1 teaspoon black pepper.
- 6 Process in food processor for 30-60 seconds until smooth, or mash by hand with a potato masher until desired consistency is reached.**
- 7 Taste and adjust seasoning with additional salt and pepper as needed. Serve immediately while hot.**

Tips

Choose fresh, firm cauliflower heads with bright white florets and no brown spots or discoloration for the best flavor and texture. Fresh cauliflower will have tightly packed florets and crisp green leaves.

Cut cauliflower florets into uniform sizes to ensure even cooking. Smaller pieces will cook faster and more evenly, resulting in a smoother final texture.

After cooking, drain the cauliflower thoroughly and pat dry with clean kitchen towels or paper towels. This extra step prevents watery mashed cauliflower and ensures a creamy consistency.

For extra flavor depth, roast the cauliflower at 425°F for 20-25 minutes instead of steaming or boiling. Roasting caramelizes the edges and reduces moisture naturally.

Sauté garlic in butter until fragrant but not browned to avoid bitter flavors. Golden, aromatic garlic will infuse the entire dish with rich flavor.

Use a food processor for the smoothest texture, or a potato masher for a more rustic, chunky consistency. Avoid over-processing, which can make the cauliflower gummy.

Add seasonings gradually and taste as you go. Start with less salt and pepper, then adjust to your preference. Remember that cheese additions will add saltiness.

For dairy-free versions, substitute olive oil or vegan butter for regular butter, and use nutritional yeast instead of Parmesan cheese for a similar umami flavor.