



*Carrboro & Southern Village*

## **FARMERS' MARKETS**

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**Recipe of the Week** featuring **Cauliflower**  
June 4, 2005

### **Savory Mashed Cauliflower** From Sheri Castle of Creative Cooking with Sheri Castle

I love creamy, buttery foods, so perhaps that's why I'm a sucker for this recipe. It is reminiscent of mashed potatoes, yet is lighter and more appropriate for warm weather. We usually think of cauliflower's crunch, but the smooth texture of this recipe seems to bring out the best of the cauliflower flavor. You might never again settle for plain steamed florets.

By the way, it's easy to turn any leftovers into Cream of Cauliflower soup by simply thinning the purée with milk or a blend of chicken stock and cream.

1 large head cauliflower, cored and chopped  
4 cloves fresh garlic  
1 1/2 cups chicken stock  
2 teaspoons salt  
2 tablespoons butter  
1 cup sour cream  
1/2 cup shredded Cheddar cheese  
1/2 cup shredded Parmesan cheese  
2 teaspoons salt  
1 teaspoon ground black pepper

1. Bring the cauliflower, garlic and the chicken stock to a simmer in a large saucepan over medium-high heat. Cook until the cauliflower is very tender, about 10 to 15 minutes.
2. Transfer the cauliflower and garlic to the bowl of a food processor with a slotted spoon. Process to the consistency of soft mashed potatoes. Add a little of the cooking liquid, if needed. Work in batches to not overfill the machine. (For a coarser texture, simply mash the cauliflower with a hand-held potato masher or a fork.)
3. Transfer the purée to a large bowl.
4. Fold in the butter, sour cream, Cheddar and Parmesan.
5. Season to taste with salt and pepper.
6. Serve hot.

Makes 4 to 6 servings.

This dish keeps nicely for up to three days in the refrigerator. It reheats beautifully in the microwave.

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First Saturday of the month **Cooking Demo**, today, with  
the **Chapel Hill Whole Foods Market Prepared Foods  
Team**

8:30 – 11 AM  
in the Gazebo

Watch, taste, and learn what you can do with Farmers'  
Market ingredients

**June 18, 2005**

8:30 – 11 AM

**Flower Arranging Demo** with the **Chapel Hill Whole  
Foods Market Floral Department**

Come learn about our Farmers' Markets cut-flower  
selection and how to make tasteful arrangements.  
Come enter a drawing for the lovely bouquets created  
that day. You must be present to win.

Carrboro Farmers' Markets on the Town Commons · Sat. 7 AM – 12 PM & Wed. 3:30 – 6:30 PM  
Southern Village Farmers' Market on the Village Green · Thur. 3:30 – 7 PM

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)  
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