



## Pureed Cauliflower

### Ingredients

Fresh Cauliflower	20 oz.
Low Sodium Vegetable Base	¼ tsp
SimplyThick® EasyMix™	2 (6g) Nectar Packets <b>OR</b> 2 strokes
Hot Water	2 oz.

**Yield:** 5 servings

**Method:** Pureed

**Special Equipment Needed:** Food Processor, Disposable Piping Bag, Piping Tip and Rubber Spatula

Wash hands before beginning preparation. SANITIZE surfaces & equipment.

- 1 Steam the cauliflower until cooked and soft.
- 2 Puree the cooked cauliflower to smooth consistency and scrape down sides of processor bowl with a spatula.
- 3 Prepare vegetable broth by mixing hot water and vegetable base. Thicken with SimplyThick.
- 4 Add thickened broth to pureed vegetable and puree until smooth and homogenous consistency.
- 5 Piping: Using a rubber spatula fill the piping bag with the mixture and begin piping out the mixture onto a plate that has been zeroed out on a scale. Pipe into appropriate number of portions until all mixture is used.
- 6 Or "Mold & Serve" by spooning mixture into molds sprayed with food release and turn out onto plate.
- 7 Reheat and serve immediately.

**Source:** Chef Darren Wendel, C.E.C  
Lakes of Novi Health Campus

### Critical Control Points (CCP):

- Reheat to a minimum internal temperature of 165°F for 15 seconds
- Maintain at a minimum internal temperature of 135°F for no longer than 4 hours
- Discard any leftover portions

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