

Butter Cauliflower

This recipe makes about 11 cups



Ingredients

Sauce ingredients:

2 tsp salt
2 tsp cumin
1 tsp ground ginger
2 tbsp garam masala
2 tsp chili powder
1 cup raw cashews
5 ½ cups of water
1-12 oz can tomato paste

Cauliflower mixture:

2 heads of cauliflower
2 yellow onions, chopped
8 cloves of garlic, chopped
4 tbsp plant butter

Directions:

1. Place all sauce ingredients for the sauce into a high-powered blender (If using a standard blender, boil the cashews for 10 minutes beforehand to soften them)
2. Blend until smooth, thick, and creamy. Set aside
3. In a large pot, melt the plant butter over medium heat
4. Add the chopped garlic and onions, cooking until the onions turn translucent
5. While the garlic and onions are cooking, chop the cauliflower into bite-sized pieces. (smaller is better)
6. Add the cauliflower to the pot and stir to coat with the onion and garlic mixture.
7. Pour the prepared sauce over the cauliflower mixture
8. Stir well and let it simmer for about 10 minutes, or until the cauliflower is tender but not mushy.
9. Add parchment paper to your trays
10. Pour butter cauliflower onto trays
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 36 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of freeze-dried butter cauliflower to a bowl with about ½ cup of hot water. Cover and let it sit for about 5 minutes. The smaller the cauliflower pieces are, the easier it will rehydrate. Enjoy

Notes:

Serve over rice. Use freeze-dried rice (rehydrate with 1 part rice and 1 part hot water)

Nutritional Value Per 1 cup pre freeze-dried

Calories: 141 Protein: 4 g Fat: 9 g Carbohydrates: 12 g Sugar: 4 g Fiber: 3 g