

Mashed Cauliflower with Garlic

Item	Amount	Available /Bought
	1 medium (about 1.5 pounds/700 grams) Cauliflower	
	2 large cloves (about 0.5 ounce / 10 grams) Garlic	
	1 Tablespoon Butter - Unsalted	
	1 teaspoon Sea Salt - Fine	
	<u>Optional:</u> 1/4 teaspoon Ground Black Pepper	
	1 quart/ 1liter (4 cups) Water for boiling	Not applicable