



GARLICKY GOLDEN CAULIFLOWER MASHED POTATOES

Vata ↓↑*, **Pitta** ↓↑*, **Kapha** ↓

Serves: 3 to 4

Prep Time: 15 minutes

Cook Time: 15 minutes

*Make this dish more Vata or Pitta reducing with the doshic variations listed below.

INGREDIENTS

- 6 cups chopped cauliflower
- 1 cup chopped Yukon gold potato (or potato of choice)*
- 1 cup turkey, chicken, bone, or veggie broth (salt-free and homemade is best!)
- 1 tablespoon chopped garlic
- 2 tablespoons ghee, divided
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon cumin seeds, whole
- 1/4 teaspoon turmeric powder or Agni Churna
- Small to large pinch of cayenne pepper (optional)
- 1/8 teaspoon salt
- Chopped scallions, for garnish

*If a potato-free dish is preferred, replace the potato with an equal amount of chopped parsnip or chopped cauliflower.

DIRECTIONS

1. Chop the cauliflower and potato into fairly even, bite size cubes.
2. Add the broth of choice along with the chopped cauliflower and potatoes to a medium sized sauce pan. Cover and boil for 12 to 15 minutes, or until the veggies are completely soft and well-steamed all of the way through. Stir every 5 minutes.
3. While the veggies are steaming, heat 1 tablespoon of ghee in a small frying pan over medium heat. Once hot, add in the chopped garlic, black pepper, and cumin seeds. Sauté over medium heat for 3 minutes, stirring frequently.
4. Take the frying pan off of the heat and add in the turmeric powder (or Agni Churna) and cayenne pepper (if using). Stir well and then set aside until needed.
5. Once the cauliflower and potatoes are well steamed, take the pan off of the heat. Add in the sautéed ghee, garlic, and spice blend, along with the salt and remaining tablespoon of ghee.

6. Using a hand blender, blend all of the ingredients together until a smooth, creamy texture has been formed. Unless desired, there should be no chunks remaining.
NOTE: If a hand blender is not available, a regular blender or food processor can be used.
7. Serve warm and garnish each serving with a handful of chopped scallions. Add more salt, pepper, or ghee as needed. Enjoy this dish as a delicious side to any meal, or simply enjoy a small bowl on its own as a healthy snack or light dinner.

Tasty Tip: Make creamy cauliflower mashed potatoes by steaming the cauliflower and potatoes in a steam basket, using water to steam instead of broth. Once steamed, throw away the steaming water. Blend the steamed veggies with the spices and ghee and an additional 3/4 to 1 cup of warm-hot milk. This variation is great for Vata and Pitta types, although it is not recommended for Kapha (sorry!).

Optional Doshic Variations

Vata:

Cauliflower and potatoes can be gas producing for Vata types; however, due to the steaming process and addition of ghee and spices, this recipe should be digestible for Vata individuals in moderation. The creamy version listed above is a great way to make this recipe more nourishing and grounding for Vata, but is not necessary. The ghee and spices can always be increased, and Vata Churna can be used in place of the turmeric.

Pitta:

Overall this recipe is a bit heating, but with a few modifications we can make this recipe more Pitta-balancing. Cauliflower is great for Pitta types, however, potatoes are part of the nightshade family and can increase inflammation in the system. If you are experiencing inflammatory issues, parsnips, or extra cauliflower can be used in place of the Yukon potatoes. Garlic and cayenne pepper are extremely heating and should be omitted from this recipe. If you are really desiring a garlic flavor, reduce the amount to 1/2 to 1 teaspoon. For Pitta digestive disorders such as hyperacidity and inflammatory issues in the GI tract, Pitta Churna should be used in place of the turmeric. The creamy variation listed above is slightly more cooling and therefore a great option for Pitta types if preferred.

Kapha:

This recipe is Kapha-reducing although some modifications can be made to make it even more Kapha-balancing. White potato is very starchy and can be too heavy for Kapha types. If this is the case, replace the potato with extra cauliflower. Ghee is considered suitable for Kapha in moderation, however, if there is a major Kapha imbalance such as excessive weight or high cholesterol, olive oil can be used instead. The amount of oil should be cut in half. Kapha tends toward a sluggish digestion and therefore extra spices are always welcome; the black pepper and cayenne pepper will be especially beneficial for increasing the digestive fire and boosting the metabolism.