

CAULIFLOWER AND APPLE PUREE

(adapted from "The Improvisational Cook")

1 medium cauliflower, core and leaves removed

1 small apple, peeled and cored, chopped

1/2 quart low fat milk

1/2 quart water

1/2 ounce angel hair pasta, broken in pieces

1 tsp salt

pinch of sugar

ground white pepper

Cut the cauliflower florets and stems roughly into pieces. Add the pieces to a pan with the milk/water, apple, bring to a gentle boil. Add the pasta, salt, and sugar. Cook, stirring every once in a while, until the cauliflower is tender (25 minutes).

Remove 1/4 cup from the cooking liquid and reserve. Strain the vegetables (the rest of the milk/water can be used for soups later), place them in a food processor and puree for a couple of minutes, until completely smooth. Make sure to stop and scrape down the sides of the bowl once or twice. If too thick, add some of the reserved cooking liquid.

Return the puree to the pan, place it over very low heat, add white pepper, taste, and adjust the seasoning with more salt and pepper.