

Salt and Serenity

Cauliflower and Cheddar Stuffed Potatoes

Serves 2 as a main course, 4 as a side dish

2 large baking potatoes
1 head cauliflower
½ cup milk, heated
2 ounces cheddar cheese, shredded
1 teaspoon kosher salt
¼ teaspoon freshly ground black pepper
2 tablespoons chopped fresh chives or green onions

Preheat oven to 400°F. Wash potatoes and prick in several places with a fork. Place on a foil or parchment lined baking sheet and bake for 60-75 minutes, until potatoes are soft and cooked through. Remove potatoes from oven and turn oven heat down to 350°F.

While potatoes are baking, fill a medium saucepan with water and bring to a boil. Cut cauliflower into small florets, discarding the hard core in the center. Add 1 Tablespoon Kosher salt to the water and add cauliflower. Boil for about 5-6 minutes until cauliflower is very tender. You want it well past al dente.

Drain cauliflower and place in large mixing bowl. Set aside.

When potatoes are done, cut in half lengthwise and holding carefully with an oven mitt, so you do not burn yourself, scoop flesh into bowl with cauliflower. Set empty shells back on baking sheet.

Add milk, salt and pepper and mash with a potato masher. No need for a totally smooth mixture, a bit chunky is good. Mix in cheddar cheese. Scoop potato mixture back into empty shells. Bake stuffed potatoes in oven for about 10 minutes, until heated through and cheese is bubbling.