

Cumin Cauliflower Mashed Potatoes

Serves 6

3 Large Yukon Gold Potatoes
1 Head Cauliflower
2 TB Unsalted Butter
2 TB Cumin Seeds
1 Cup Low Fat Buttermilk
2 TB Ground Cumin
Kosher Salt and Freshly Cracked Black Pepper to Taste
Garnish with Chopped Fresh Cilantro

Step One

Peel and quarter potatoes. Cut cauliflower into 1 1/2-inch florets.

Step Two

In a large pot, cover the potatoes with salted cold water by 2 inches and simmer 20 minutes. Add cauliflower and simmer until vegetables are very tender, about 10 minutes more. Drain vegetables in a colander and transfer to a large bowl. With a potato masher, mash potatoes and cauliflower with the 2 TB of unsalted butter.

Step Three

In a dry heavy skillet toast cumin seeds over moderate heat, stirring, until fragrant.

Step Four

In a small bowl whisk together buttermilk and ground cumin. Stir the mixture into mashed potatoes and cauliflower. Add the toasted cumin seeds and mix until combined. Season to taste with salt and pepper.

Garnish the Cumin Cauliflower Mashed Potatoes with cilantro.