

Whole Cauliflower

Perfect whole roasted cauliflower using Mealthy Pot and Crisp Lid:

1. Place two cups of water in Pot.
2. Place whole cauliflower, stems included in steamer basket on short trivet.
3. Place Pressure Cooker Pot Lid on, and close vent to seal
4. Press Steam function on high for 1 minute.
5. Quick release when done

To roast with Garlic Butter or oil, and Parmesan cheese (optional toppings to your liking)

1. Melt butter (I don't measure) in bowl and add desired garlic, fresh or powdered.
2. Brush whole cauliflower head with mixture and sprinkle with desired cheese.
3. Place short trivet in pot
4. Place whole head in crisp lid basket and place on trivet
5. Place Crisplid on top.
6. Set temperature to 400 and timer for 10 minutes.

I ate this like candy right out of the pot. This method of cooking can prepare your cauliflower for all sorts of additional recipes like: Creamy cauliflower alfredo sauce or cauliflower mash potatoes. Delicious.