

Pork and Cauliflower-Potato Mash



Ingredients:

1 head of cauliflower
1 lb Yukon gold potatoes
½ cup milk
1 tbsp unsalted butter
½ tsp salt
¼ tsp pepper
1 ½ lbs pork (or steak)
1 tbsp flour
½ salt
¼ tsp pepper
1 tbsp olive oil
1 small onion, diced
1 clove sliced garlic
1 tsp fresh thyme
¼ cup red wine (or Marsala wine)
1 can (14.5 oz) beef broth
¼ cup fresh parsley

Directions

1. Cut a large head of cauliflower into florets. Peel 1 lb Yukon gold potatoes and cut into 2-inch pieces. Place cauliflower and potatoes in a pot and cover with 2 inches cold water. Bring to a boil and cook 15 minutes, until fork-tender.

2. Drain and add to food processor with 1/2 cup milk, 1 tbsp unsalted butter, 1/2 tsp salt and 1/4 tsp pepper. Blend until smooth. Transfer to a bowl and cover with foil to keep warm.
3. Meanwhile, cut 1 1/2 lbs pork into strips or (tri-tip steak into 1-inch pieces). Toss with 1 tbsp all-purpose flour, 1/2 tsp salt and 1/4 tsp pepper.
4. In a large skillet, heat 1 tbsp extra-virgin olive oil over medium-high. Add pork; sear 2 - 4 minutes to brown, turning once. Remove to a plate with a slotted spoon.
5. Add 1 tbsp extra-virgin olive oil to the same skillet. Reduce heat to medium. Stir in 1 small diced onion, 1 clove sliced garlic and 1 tsp chopped fresh thyme. Cook 2 minutes.
6. Stir in 1 1/2 tbsp all-purpose flour; cook 30 seconds. Pour in 1/4 cup red wine (or Marsala wine); cook 30 seconds, scraping bottom of skillet to remove brown bits.
7. Whisk in 1 can (14.5 oz) beef broth; simmer 5 minutes, until thickened. Stir in 1/4 cup chopped fresh parsley and the pork. Stir to warm. Serve with mash and, if desired, steamed vegetables like asparagus.