



Cauliflower Purée and Caviar on Cloverleaf Potato Chips

 Gluten Free

READY IN



45 min.

SERVINGS



60

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cauliflower chopped
- ☐ 150 grams caviar chilled (5 ounces; preferably osetra)
- ☐ 60 servings chives fresh
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 4 large baking potatoes (baking) (2 pounds total)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cream sour

☐ 0.3 cup butter unsalted melted

Equipment

☐ food processor

☐ bowl

☐ sauce pan

☐ oven

☐ whisk

☐ baking pan

☐ spatula

☐ colander

Directions

☐ Preheat oven to 375°F.

☐ Peel potatoes and transfer to a bowl of cold water.

☐ Cut 2 potatoes lengthwise into 1/8- to 1/16-inch-thick slices with slicer, then stack slices in piles of

☐ Cut out as many cloverleaves as possible from each stack, pressing cutter through stacks, and toss with half of melted butter in a bowl. Arrange chips in 1 layer in a large shallow baking pan (1 inch deep) and season very lightly with salt.

☐ Bake in middle of oven until edges are pale golden, 10 to 15 minutes, then turn chips over with a metal spatula and bake until golden all over, 5 to 10 minutes more, checking frequently after 5 minutes and transferring chips as baked to a rack to cool.

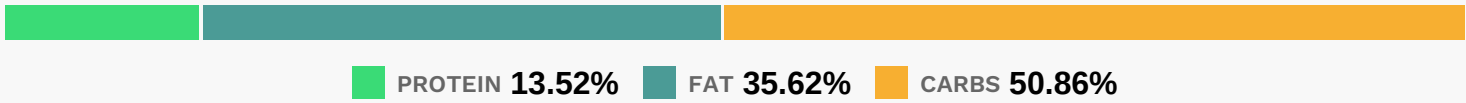
☐ While first batch is baking, slice and cut shapes from remaining 2 potatoes. Toss with remaining butter and bake in another shallow baking pan.

☐ Cook cauliflower in a 3-quart saucepan of until very tender, 5 to 7 minutes, and drain in a colander. Purée cauliflower in a food processor until smooth, then transfer to a bowl and whisk in sour cream and salt. Just before serving, stir in chives (if using).

☐ Top potato chips with 1 teaspoon cauliflower purée and 1/2 teaspoon caviar, then garnish with chives.

·Chips can be made 2 days ahead and kept in an airtight container at room temperature. Recrisp in a 350°F oven 5 minutes.·Cauliflower purée (without chives) can be made 1 day ahead and chilled, covered. Bring to room temperature and stir in chives before serving.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:3.54, Inflammation Score:-1, Nutrition Score:2.44521737617%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 36.51kcal (1.83%), Fat: 1.5g (2.31%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.4g (1.6%), Sugar: 0.28g (0.31%), Cholesterol: 17.49mg (5.83%), Sodium: 49.95mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin B12: 0.5µg (8.4%), Vitamin B6: 0.1mg (5.05%), Vitamin C: 3.66mg (4.44%), Magnesium: 14.27mg (3.57%), Potassium: 122.16mg (3.49%), Vitamin K: 3.4µg (3.24%), Iron: 0.54mg (3.01%), Selenium: 1.82µg (2.6%), Phosphorus: 25.73mg (2.57%), Manganese: 0.05mg (2.47%), Vitamin A: 102.35IU (2.05%), Folate: 7.85µg (1.96%), Vitamin B5: 0.19mg (1.93%), Vitamin B1: 0.03mg (1.85%), Vitamin B2: 0.03mg (1.73%), Fiber: 0.41g (1.66%), Copper: 0.03mg (1.58%), Vitamin B3: 0.28mg (1.42%), Calcium: 13.34mg (1.33%)