

Cauliflower Pancakes



Plan Z Phase: This is a Z3 (ZReboot) recipe.

When I get a hankering for potatoes I always try to think of a healthy low carb alternative first. As CEO and Chief Dieter of Plan Z Diet we're going forward to normal. The other day, potato pancakes came to mind so I immediately thought that maybe they could be made with cauliflower. Turns out they can! I did my research and then made up my own recipe. These are simple and quick, too.

Servings: Serves 4 as a side dish

Ingredients:

- 1 small to medium head of cauliflower. Trim it and cut into small florets. Cut off the leaves and the bigger parts of the stems.
- 2 large eggs, lightly beaten with a fork in a medium bowl
- $\frac{1}{2}$ cup of shredded cheese. Mozzarella or cheddar will work great.
- 2 Tbl of grated parmesan cheese
- 1 medium shallot, minced (or $\frac{1}{4}$ cup of any onion)
- $\frac{1}{2}$ tsp of garlic powder (optional)
- grated sea salt and pepper to taste

- a pinch of cayenne for brightness (optional)
- if you want to make your cauliflower pancakes more flavorful, you could add cumin and/or chili powder
- olive oil for frying

Instructions:

Put your cauliflower florets in a food process and rice them up. That means pulse the machine until the cauliflower bits resemble rice.

You have your beaten eggs in a bowl. Add the cauliflower and your other ingredients. Stir until well blended.

Heat a tablespoon or two of oil in a frying pan. I try to use a big frying pan so I can get them all cooked in one batch or you can do them in batches and keep the cooked ones warm in your oven.

Use a $\frac{1}{4}$ cup measuring cup and scoop your cauliflower mixture and gently place it in the hot oil. Just like making breakfast pancakes. Pat down the blob of batter with the back of your measuring cup. Cook on medium. They will bubble a bit. That's good. Don't mess with them. You need them to cook nicely and get a brown crust. If you cook them too fast they will burn. If you flip them too fast, they will fall apart. But even broken ones taste good. So don't fret. They should take about 5 minutes per side depending on how hot your stove cooks.

If you are doing more than one batch, you'll need to add oil in-between batches. I like mine a bit on the darker, crisper side; which you'll notice in the picture.

Enjoy!

Cheers,