







# Cauliflower - Steamed









## Ingredients







## You will need

	Green chopping board		Fork
	Small chopping knife		Saucepan and metal colander
	Tin foil		Serving bowl

## Method

	<p>Boil water in a saucepan while you prepare cauliflower</p>
	<p>Cut stem off and cut into smaller pieces</p>
	<p>Cut now into floret pieces</p>
	<p>Place metal colander over the saucepan, then place cauliflower into the colander</p>
	<p>Cover with tin foil and leave to cook for 8-10 minutes</p>
	<p>Switch off hob and carefully lift off using an oven glove or tea towel</p>

## Method

		<p><b><u>For Mashed cauliflower,</u></b></p> <p>Use a fork to mash and place in serving bowl. Allow to cool and serve to baby</p>
		<p><b><u>For finger food</u></b></p> <p>Cut the floret into thinner finger pieces for baby</p>