

Primal Stuffing

INGREDIENTS:

- 3/4 cup butter (or olive oil)
- 1 pound crimini mushrooms, cut in half
- 1 leek
- 2 stalks celery
- 1 head cauliflower, broken into florets
- 1 cup hazelnuts
- 2 lemons
- 1 teaspoon lemon zest
- 2 garlic cloves
- 1 tablespoon fresh thyme
- 1/3 cup roughly chopped parsley
- 1/2 teaspoon salt

PROCESS:

- Preheat oven to 350 degrees Fahrenheit.
- In a saute pan over medium heat, melt 1/4 cup butter and saute mushrooms, leek, and celery for about 5 minutes, until the mushrooms soften a bit.
- Combine with cauliflower florets in a 9 x 13 inch rimmed baking pan.
- In a food processor, combine hazelnuts, juice of one lemon, lemon zest, garlic, thyme, parsley, salt, and 1/4 cup of melted butter.
- Pulse until the mixture is well-blended and the hazelnuts are in tiny pieces, but it's not nearly as smooth as a paste.
- Spoon the mixture on the top of the cauliflower and mushrooms and mix well.
- Bake for 45 minutes at 350 degrees, stirring occasionally.
- Raise the heat to 375 degrees and bake another 35-45 minutes, stirring several times so the stuffing does not burn or stick to the pan. It is these last 35-45 minutes that are crucial to finishing the dish. The hazelnuts will brown and lose moisture becoming caramelized and bit crunchy again.
- This stuffing can be baked a day ahead and covered and reheated before serving. Right before serving, squeeze the juice of the remaining lemon on top and more salt if needed.

from: Mark's Daily Apple

