

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Cheesy beef bacon and cauliflower waffles

Forget everything you thought you knew about waffles. Well, everything except how they look. Oh, and what you should top them with. And how you should cook them. Come to think of it, don't forget everything you thought you knew about waffles.

Sweet and savory

Retain that information, and simply file what you're about to digest under "awesome pseudo-waffle recipes that'll bend the mind and impress your friends."

Sometimes the best innovations come from necessity. For our own Chef Peter Rosenberg, at his daughter's request, the task of transforming a standard, gluten-free waffle recipe into something more delicious became a personal challenge.

The result? Cheesy Beef Bacon Cauliflower Waffles.

Imagine the crisp exterior of a succulent waffle with the savory, salty goodness of cured beef and cheese, topped with sweet syrup. If the "salty-caramel" trend opened your mind to sweet and savory pairings, Chef Peter's waffles kick down the door.

Intrigued? Here's the recipe!



Cheesy Beef Bacon and Cauliflower Waffles

Ingredients:

- 2 strips beef bacon, chopped small (if beef bacon is not available, pastrami or corned beef may be substituted)
- 1 medium-sized head of cauliflower, chopped
- 6 eggs
- 8 oz. chopped frozen spinach, thawed and drained
- 1 cup mozzarella cheese
- ½ cup parmesan cheese
- ½ cup cheddar cheese
- ½ cup corn starch
- 1 tsp. granulated onion
- 1 tsp. granulated garlic
- ½ tsp. salt
- ½ tsp. cracked black pepper

Instructions:

1. Preheat waffle iron.
2. Cook beef bacon in a skillet until crisp. Drain on paper towels and hold.
3. Boil cauliflower until soft; drain and puree in a food processor. To create a dry paste, squeeze as much water as possible out using a cheese cloth or towel; twist to remove moisture.
4. In a large mixing bowl beat eggs; add spinach, mozzarella, parmesan, cheddar, corn starch, granulated onion, garlic, salt and pepper, and beef bacon; stir well.
5. Spray waffle iron with nonstick cooking spray. Pour approximately 1 cup of mixture in iron (depending on iron size) and cook until golden brown and crispy.

Serves: 6-8 waffles.

