

Cauliflower Potato Pie

Ingredients

1 large potato
2 medium carrots
about 1 lb fresh cauliflower
4 tablespoons of cake flour
4 eggs
salt , pepper
a dash of hot paprika
2 tablespoons of chopped fresh parsley
one bread pan (loaf size approximately :10x5x3)
olive oil for greasing the pan

Preparation

Cook the peeled potato and carrots in slightly salted water until they are almost soft.
Toss the water , place potato in a bowl , mash into a completely smooth texture , do not use a food processor , use a hand masher for better results.
Grate the carrots on the large holes of a grader , add to the potato.
Take apart the cauliflower into florets , attempt to keep them the same size.
Cook them a few minutes . Toss the water and chop them up.
Add to the potato and carrots , mix well , add to the bowl the flour and the eggs
(beat the whites and yolks together prior to adding them to the bowl) , add salt & pepper to taste , paprika , parsley , mix well again.

Grease generously the bread pan , place the entire mixture into it.
Bake in a preheated oven 375-380 degrees , about 40 min to one hour, depending on the oven.
The pie should be a lovely deep gold color and an inserted wooden toothpick should come out just about completely dry.

Cool for about 10 minutes prior to serving.
Serve sliced ,it is appealing , aromatic , tasty and healthy