

## **ROASTED CAULIFLOWER - FIVE RECIPES**

Since moving to England, roasted cauliflower has become a staple in our house. I've come up with a variety of ways to prepare it and I don't imagine I'll be getting bored with it any time soon. I've attempted to pull together my favorite roasted cauliflower recipes below. These recipes would do well topped with a fried or poached egg, tossed with pasta, or on their own. Also, it should be noted that each of these recipes sound like a lot, but the vegetables cook down so much that each recipe will serve two adults. I don't recommend trying to double them as that will cause the vegetables to steam rather than roast properly!

### **ROASTED CAULIFLOWER WITH FENNEL, GARLIC, ONION, AND HERBS DE PROVENCE**

#### Ingredients.

1 large head of cauliflower, trimmed and chopped into small pieces  
1 yellow onion, halved and sliced pole to pole  
1 bulb fennel, trimmed and sliced  
1 teaspoon herbs de Provence  
2 garlic cloves, peeled and roughly chopped  
extra virgin olive oil  
flake salt  
freshly ground black pepper

#### Directions.

Preheat the oven to 425°F. Toss the chopped vegetables with about 1/4 cup olive oil, season with salt, pepper, and herbs de Provence. Spread onto a roasting sheet and bake for 30-45 minutes, until the vegetables are caramelized and crispy. Season to taste, and serve immediately.

### **ROASTED CAULIFLOWER WITH ROASTED GARLIC**

#### Ingredients.

1 large head of cauliflower, trimmed and chopped into small pieces  
6 cloves of garlic, unpeeled  
extra virgin olive oil  
flake salt  
freshly ground black pepper

#### Directions.

Preheat the oven to 425°F. Toss the cauliflower and garlic cloves with a couple tablespoons of olive oil, season with salt and pepper. Spread onto a roasting sheet and bake for 30-45 minutes, until the vegetables are caramelized and crispy. Carefully peel the garlic cloves and toss them with the cauliflower. Season to taste, and serve immediately.

## **ROASTED CAULIFLOWER WITH FENNEL, ONION, ZUCCHINI, AND PARMESAN**

### Ingredients.

1 large head of cauliflower, trimmed and chopped into small pieces  
1 medium zucchini, quartered and chopped  
1 red or yellow onion, halved and sliced pole to pole  
1 bulb fennel, trimmed and sliced  
freshly grated Parmesan  
extra virgin olive oil  
flake salt  
freshly ground black pepper or red pepper flakes

### Directions.

Preheat the oven to 425°F. Toss the chopped vegetables with about 1/4 cup olive oil, salt and either black or red pepper. Spread onto a roasting sheet and bake for 20 minutes. Toss with 1/4 cup freshly grated Parmesan, and roast for another 15-25 minutes, until the vegetables are caramelized and crispy. Sprinkle with a bit more Parmesan. Season to taste, and serve immediately.

## **ROASTED CAULIFLOWER WITH FENNEL, CHORIZO, AND MANCHEGO**

### Ingredients.

1 large head of cauliflower, trimmed and chopped into small pieces  
1 bulb fennel, trimmed and sliced  
1/2 cup diced chorizo sausage  
shaved Manchego cheese  
extra virgin olive oil  
flake salt

### Directions.

Preheat the oven to 425°F. Toss the chopped vegetables with a few tablespoons of olive oil, and a pinch of salt. Spread onto a roasting sheet and bake for 30 minutes. Toss in the chorizo, and continue to roast for another 10-15 minutes, until the vegetables are caramelized and crispy. Top with shaved Manchego. Season to taste, and serve immediately.

## **ROASTED CAULIFLOWER WITH RED ONION, ZUCHINNI, AND GORGONZOLA**

### Ingredients.

1 large head of cauliflower, trimmed and chopped into small pieces  
1 red onion, halved and sliced pole to pole

7oz lardons (or bacon thinly sliced)  
4oz crumbled Gorgonzola  
extra virgin olive oil  
flake salt  
freshly ground black pepper

**Directions.**

Preheat the oven to 425°F. Toss the chopped vegetables with a drizzle of olive oil, and the bacon, and season with a pinch of pepper and salt.\* Spread onto a roasting sheet and bake for 30-45 minutes, tossing often, until the vegetables and bacon are caramelized and crispy. Sprinkle with the Gorgonzola. Season to taste, and serve immediately.

\*Alternatively you can toss the vegetables with a couple tablespoons of olive oil and roast them, while cooking the bacon in a pan on the stovetop, draining it, and tossing it together at the end - this is definitely more healthy as you use olive oil for the veggies to roast in, rather than bacon fat.

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