

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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