

Cauliflower Alla Parmigiana

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Prepping and Blanching the Cauliflower

- 1 head cauliflower (approx. 1 1/2 lb)
 - 1 tbsp white wine vinegar per liter/quart of water
- Bring a pot of cold water to a boil and then season with salt and vinegar (the vinegar helps keep the cauliflower nice and white, but it is not mandatory).

In the meantime, remove the leaves from the cauliflower and then break into large florets.

Prepare an ice bath. Once the water is boiling, blanch the cauliflower. The florets should be quite crunchy, so this should only take about 3 or 4 minutes. Once done, drain the cauliflower very well.

If preparing this dish to serve immediately, preheat the oven to 425°F (220°C).

Step 2: Draining the Cauliflower

Place the cauliflower onto a clean kitchen towel to drain any excess water.

Step 3: Cutting the Cauliflower

Once the cauliflower is dry, cut the florets lengthwise into about 1/4" -inch thick slices.

Step 4: Seasoning and Preparing the Pan

- 1 to 2 tbsp unsalted butter
- kosher salt (to taste)
- freshly ground black pepper (to taste)

Butter an 8" × 10" -inch baking dish. Spread the cauliflower out relatively flat and then season with salt and pepper to taste.

Step 5: Arranging the Cauliflower

- 2 to 3 tbsp unsalted butter

Place the cauliflower slices into the pan, overlapping them slightly.

Place small nobs of butter over the top of the cauliflower.

Step 6: Grating the Parmesan Cheese

- 1/3 cup Parmigiano-Reggiano

Grate the cheese over top of everything. Up to this point, everything can be done several hours in advance. Simply place into the refrigerator until ready to bake.

Step 7: Baking the Dish

If you haven't already, preheat the oven to 425°F (220°C).

Bake the cauliflower uncovered for approximately 30 minutes or until lightly golden.
Serve hot.