

Roasted Cauliflower

Swick

Serves 4 | Active Time: 10 minutes | Total Time: 25 minutes

Step 1: Preparing the Cauliflower

- 1 large clove of garlic, minced
- zest and juice from whole lemon (approx. 2 to 3 tbsp lemon juice)
- 1/2 tsp sea salt
- freshly ground black pepper
- 3 tbsp extra-virgin olive oil
- 1 whole head cauliflower

To start, preheat the oven to 500°F (260°C).

Next, make the dressing — crush the garlic over a large bowl, add the lemon zest, lemon juice, salt, and pepper and then whisk in the olive oil. Set aside while you prepare the cauliflower.

To prepare the cauliflower, simply cut it into large florets. When it comes to the size of florets, keep in mind that the bigger the better — the bigger the florets are, the more time the cauliflower will have in the oven to brown/roast.

Next, toss the cauliflower in the lemon dressing and taste for seasoning. Note: Save the bowl that you tossed the cauliflower in for later.

Step 2: Roasting & Finishing the Cauliflower

- 1/4 to 1/3 cup Plant-Based Parmesan
- Maldon Salt, to taste*
- freshly ground black pepper, to taste

To roast the cauliflower, line a baking sheet with aluminum foil and lay the pieces of cauliflower cut-side down onto the tray, so they caramelize nicely. Roast the cauliflower for about 10 to 12 minutes and then remove the tray from the oven.

At this point, you can either simply coat the cauliflower with some of the Plant-Based Parmesan or you can put the cauliflower back into the bowl that you originally tossed the cauliflower in and then toss it with the parmesan. Place the cauliflower back onto the tray and then return it to the oven for another 3 or 4 minutes.

Once the cauliflower has just cooked through and has started to brown nicely, remove it from the oven and garnish with a bit of Maldon Salt and a bit more parmesan.

Note: Maldon Salt is an English sea-salt that is often used when finishing dishes, used in small amounts, rather than in the actual cooking. Maldon salt flakes are large, thin, uneven, crunchy flakes that have a very clean, pure salt taste.

Chef's Notes

Keep in mind that the cauliflower will continue to cook, even after it comes out of the oven. When done, it should have a tiny bit of crunch to it. It should not be mushy.

Roasted cauliflower, whether it is served hot or cold, is delicious. It can be added to things such as salads, antipasto platters, incorporated into soups or used as a filling for things like burritos or wraps — imagine this one, a burrito filled with Garlic-Fried Quinoa, plump golden raisins, fresh arugula dressed with lemon & olive oil, and some chopped up Roasted Cauliflower, all served with some Tahini Dressing and/or Hummus. Yes, please!

Don't have any lemons on hand? Easily substitute the lemon juice with white wine or champagne vinegar.