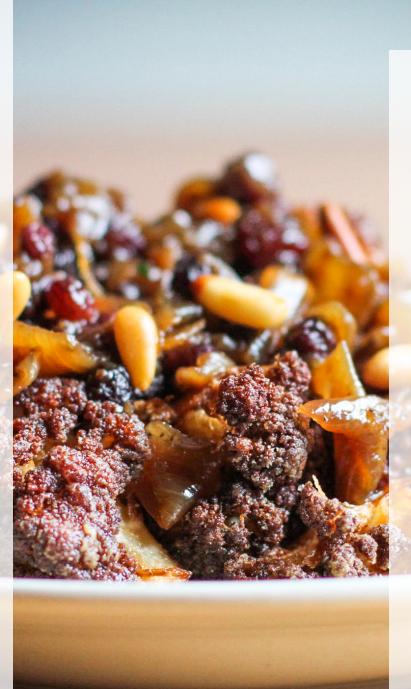
Fried cauliflower with onion, currants and pine nuts

Ingredients

1 cauliflower, cut into large florets
(about 1kg)
2 tbsp olive oil
1 onion, coarsely chopped
1 tbsp currants
½ tsp ground allspice
1 tbsp pine nuts, pan fried in olive
oil until golden
For deep-frying - vegetable oil
For dusting - plain flour



Method

- 1. Bring a large saucepan of salted water to the boil over high heat.
 Add cauliflower and cook for 6 minutes or until just tender. Drain, refresh under cold water, drain, and pat dry.
- 2. Heat olive oil in a large frying pan, add onion and cook over low heat for 10 minutes or until caramelised. Add currants, allspice, season to taste with sea salt and set aside.
- 3. Heat vegetable oil in a large, deep saucepan or deep-fryer to 180C. Dust cauliflower in flour, shaking off excess, deep-fry for 3 minutes or until dark brown, then drain on an absorbent paper-lined plate. Combine cauliflower and onion mixture in a large bowl, season to taste with sea salt and freshly ground white pepper and serve scattered with pine nuts.