

# 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.