



caramelized cauliflower

I feel for Mark Twain. At the mention of cauliflower food writers inevitably blast the literary icon for his slandering the veggie as “nothing but cabbage with a college education.” Surely he didn’t mean to disparage the snowy white heads. When roasted, cauliflower is transformed into an elegant, sweet and tender side dish – a truly brilliant veggie with a Phd in Gastronomy.

SERVES: 6-8

ingredients

- 1 large head cauliflower, about 3 lbs
- 1 tbsp sugar
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp ground cinnamon
- 1/8 tsp paprika
- 1/8 tsp ground cumin
- 1/8 tsp cayenne pepper
- 3 tbsp melted butter

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directions

1. Preheat oven to 475°F.
2. Break apart the cauliflower into large florets and cut off the thicker stems. Place cauliflower in a single layer in a roasting pan or on a baking sheet.
3. In a small bowl, stir together sugar, salt, pepper, cinnamon, paprika, cumin and cayenne pepper.
4. Drizzle melted butter over cauliflower and sprinkle with the combined spices until evenly coated. Place in oven and bake 18-20 minutes stirring halfway through cooking. Remove from oven when cauliflower is tender-crisp and lightly browned around the edges. Serve immediately.

“Eat broccoli. And cauliflower, cabbage, and other stuff that looks like it came out of a mini Tolkien forest.”

– STEVE EDWARDS



julie albert
& lisa gnat

