

Olive



CAULIFLOWER

VEGAN ITALIAN ROASTED CAULIFLOWER SALAD

INGREDIENTS

3 CAULIFLOWER HEADS, PEELED AND INTO FLORETS
5 TBS OLIVE OIL
4 GARLIC CLOVES INTO FINE PASTE
HANDFUL CHOPPED FLAT LEAF PARSLEY
24 BLACK OLIVES (KALAMATA)
4 TBS CAPER BERRIES OR NORMAL CAPERS
4 TBS LEMON JUICE
1/2 TSP RED CHILLI OR RED PEPPER FLAKES
SALT AND PEPPER TO TASTE

METHOD

- WASH AND DRY CAULIFLOWER FLORETS.
- PLACE ON BAKING SHEET, SPRINKLE WITH SALT AND PEPPER AND CHILLI FLAKES.
- ROAST FOR 10 MINS AND THEN TURN EACH FLORET OVER AND ROAST THE OTHER SIDE FOR A FURTHER 10 MINS UNTIL CARAMELISED AND GOLDEN IN COLOUR BUT STILL FIRM (VERY HOT OVEN - ELEC 225 DG).
- MAKE A DRESSING WITH ALL OTHER INGREDIENTS, POUR OVER AND TOSS THROUGH THE CAULIFLOWER FLORETS (WHEN COOLED).
- SEASON WELL WITH PEPPER AND MORE CHILLI IF YOU WANT, BE CAREFUL WITH SALT AS OLIVES AND CAPERS CAN BE SALTY.
- SERVE AS A SIDE ORDER OR AS A MAIN SALAD WITH HOMEMADE HUMOUS AND WARM FLAT BREAD.

ROASTED CAULIFLOWER AND CUMIN SOUP

INGREDIENTS

4 HEAD OF CAULIFLOWER
3 WHITE ONIONS CHOPPED FINE
3 PEELED WHITE POTATOES
1.5 LTRS VEGETABLE STOCK
3 CLOVES GARLIC, FINELY CHOPPED
2 TSP CUMIN
3 TBS RAPESEED OR OLIVE OIL
6 SPRING ONION TOPS CHOPPED FINE TO GARNISH
SALT AND WHITE PEPPER

METHOD

- PREP CAULIFLOWER AND CUT INTO FLORETS.
- CHOP PEELED POTATOES INTO 1/4 INCH CUBES AND WHITE PEELED ONIONS.
- PLACE TOGETHER ON ROASTING TRAY AND SEASON WITH CUMIN AND WHITE PEPPER AND SOME SALT.
- DRIZZLE WITH OIL AND CHOPPED GARLIC.
- ROAST ON HIGH OVEN FOR 15 TO 20 MINS FAN ELEC 190 UNTIL LIGHTLY COLOURED AND TENDER.
- PLACE IN LARGE SAUCEPAN AND ADD HOT VEGETABLE STOCK AND BLEND (WITH HAND BLENDER) OR LIQUIDISE IN MACHINE UNTIL SMOOTH AND CREAMY.
- TASTE, SEASON AND GARNISH WITH SPRING ONION TOPS AND SERVE WITH WARM SODA BREAD AND BUTTER.