

# WHOLE BAKED CAULIFLOWER

cauliflower puree, toasted almonds, fresh herbs

- 1 whole cauliflower
- 2 tabs flaked blanched almonds
- 3 tabs yellow curry powder
- 300ml milk
- sea salt
- 3 tabs good quality olive oil
- handful fresh herbs (basil, coriander)

## INGREDIENTS

### PREPARE

#### STEP 1

Check cauliflower, rip off the outer leaves, cut around the stem, break up the flower.

Soak all cauliflower parts in cold salt water for 15 minutes (salty like the sea).

#### STEP 2

### SOAK

### TOAST

#### STEP 3

Place flaked almonds on a baking tray and toast till golden brown (150°C for 10 minutes).

Mix 3 tablespoons of curry powder with 2 tablespoons of olive oil.

#### STEP 4

### MIX

### ROAST

#### STEP 5

Drain cauliflower, place on a tea towel to dry. Place leaves and half of the flowerets on a tray lined with baking paper. Massage with curry olive oil paste and season with salt. Roast at 180°C for 15-20 minutes (till leaves are crispy and flowerets are cooked).

Chop remaining, stalks and leaves into approximately 2cm pieces and place in a saucepan, cover with milk. Season lightly with salt and cook till soft on a medium heat until the milk has reduced by half. Mix with a stick blender till smooth.

#### STEP 6

### BLEND

### PRESENT

#### STEP 7

Place puree in the centre of the plate and top with roasted flowerets. Garnish with crispy stems and leaves. Sprinkle flaked almonds and garnish with herbs. Drizzle some of the curry oil juices over it.