

Roasted cauliflower, Sauce Gremolata with Pine Nut and Lemon dressing

The cauliflower dish is for vegetarians and can easily be done for vegans it is a tasty dish again but can be eaten by the whole party as it is a hearty plate of food and the flavours really marry together.

Adam

Vegan Main Course – Serves 4

Roasted Cauliflower

You will need:

1 no large cauliflower leaves removed
4 tablespoon of olive oil
2 parts Cumin Seeds
1 part Coriander Seeds
1 part Black peppercorns
A Handful of toasted pine nuts for garnish
Frisee Salad picked

Pre heat the oven to 180 degrees

Place a pan on the stove add the spices allow to warm to realise the oils

Allow to sit. Once the pan is cold place the spices in the pestle and mortar then grind until completely crushed and a powder.

Place a pan on the stove and add the olive oil. Once hot add the cauliflower and colour on all sides

Once you have an even colour remove from the pan and lightly dust with the spice mix

Wrap in tin foil and place in the oven for about 15 mins until it is tender but holds its shape

Once it has cooled down slightly slice into even slices

Gremolata

1 small bunch of flat leaf parsley picked and chopped
1 tablespoon of fine capers squeezed dry
1 lemon zest keeping the juice for the lemon dressing
150ml olive oil
Salt

Combine all the ingredients in a bowl then season as required

Lemon Dressing

125g Grapeseed Oil
40g Lemon Juice
10g Warm Water
A Pinch Of Salt

Place the salt and lemon juice into a bowl then add the warm water. Slowly add the oil until emulsified.

Pine Nut Puree

100g Pine nuts toasted
300ml Water

Chop the pine nuts and add to boiling water
Bring the water back to the boil
Place the two into a blender and blend until smooth

To dress

Place the cauliflower into middle of the plate
Spread the pine nut puree over the cauliflower followed by a good spoon of the Gremolata and the toasted pine nuts
Place the frisee in a bowl and dress lightly with the lemon dressing
Place on the cauliflower

Prepared especially for KidsOut by Adam Simmonds

<https://www.greatbritishchefs.com/chefs/adam-simmonds>



Wine Pairing Wine Pairing

Soave Classico Suavia 2019 - around £8.90

