

Cauliflower with Turmeric Yogurt

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Servings: 4

1 large head (2-1/2 to 3 pounds) cauliflower
6 sprigs thyme
3 cloves garlic, smashed
3 cloves garlic, thinly sliced
2 bay leaves
2 teaspoons coriander seeds
2 teaspoons black peppercorns
2 stalks celery, roughly chopped
1 shallot, roughly chopped
zest of one lemon (in wide strips)
1 cup dry white wine
1/4 cup sugar
Kosher salt
1/4 cup extra-virgin olive oil
freshly ground pepper
1/2 teaspoon ground coriander
1/2 teaspoon ground turmeric
1/4 cup cilantro, chopped
2 teaspoons grated ginger
1 teaspoon orange juice
1 cup plain yogurt
salt
pepper
chopped cilantro (for garnish)

Preparation Time: 45 minutes

Preheat the oven to 450 degrees.

Trim the cauliflower: Cut the stem flush with the bottom. Cut a few slits into the core extending into the thick branches of the cauliflower (keep the florets intact). Put three thyme sprigs, the smashed garlic, bay leaves, coriander seeds and peppercorns on a square of cheesecloth. Tie into a bundle.

In a pot large enough to submerge the cauliflower, combine twelve cups of water, the celery, shallot, lemon zest, wine, sugar, 1/3 cup of salt and the cheesecloth bundle. Bring to a boil, whisking to dissolve the salt and sugar. Carefully add the cauliflower core-side down. Cook until there is a slight resistance when pierced with a knife, about 15 minutes. (It's Okay if the top of the cauliflower pops up during cooking.) Remove the cauliflower to a baking sheet.

Meanwhile, make the garlic oil: In a small saucepan, combine the remaining three sprigs of thyme, sliced garlic, olive oil, 1/2 teaspoon of salt and a few grinds of pepper. Cook over medium heat until the garlic starts browning, 3 to 5 minutes. Discard the thyme. Brush the cauliflower with half of the oil, leaving the sliced garlic behind.

Roast the cauliflower until browned and tender, 30 to 40 minutes, brushing halfway through with the remaining garlic oil. Reserve one teaspoon of garlic oil and the sliced garlic.

Transfer the cauliflower to a cutting board or platter using a spatula.

Remove the sliced garlic from the oil to a bowl. Heat the reserved one teaspoon of oil in a skillet over medium heat. Add the coriander and turmeric. Cook, stirring, until toasted, 2 to 3 minutes. Add to the bowl with the garlic.

Stir in the cilantro, ginger, orange juice and yogurt. Season with salt and pepper. Drizzle some of the sauce on the cauliflower. Sprinkle with more chopped cilantro.

Serve the remaining sauce on the side.

Always precook a whole cauliflower before roasting - otherwise it will dry out in the oven before it gets tender.

Per Serving (excluding unknown items): 299 Calories; 16g Fat (53.4% calories from fat); 5g Protein; 28g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 67mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.