

Cheesy Mustard Cauliflower

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Servings: 4

*1 large head (2-1/2 to 3 pounds) cauliflower
3 sprigs thyme
3 cloves garlic, smashed
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
1/3 cup Kosher salt
3 tablespoons Dijon mustard
2 tablespoons olive oil
3 cloves garlic, thinly sliced
1 cup gruyere' cheese*

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.

In a small bowl, whisk three tablespoons of Dijon mustard, two tablespoons of olive oil and three thinly sliced garlic cloves. Brush two-thirds of the mixture on the cauliflower.

Roast the cauliflower until browned and tender, 30 to 40 minutes.

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

Brush with the remaining mustard mixture. Sprinkle with the gruyere' cheese, pressing lightly to adhere.

Bake for 1 minute to melt.

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

Per Serving (excluding unknown items): 194 Calories; 8g Fat (41.9% calories from fat); 2g Protein; 22g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 7618mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.