

Garlic Whole Roasted Cauliflower

Food Network Magazine - April 2019

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
2 tablespoons fresh parsley, chopped*

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. Add the parsley to the reserved garlic oil. Spoon over the cauliflower. Cut into wedges.

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

Per Serving (excluding unknown items): 254 Calories; 14g Fat (55.7% calories from fat); 2g Protein; 24g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 3 Fat; 1 Other Carbohydrates.