



TANDOORI CAULIFLOWER PLATE

Tandoori marinade

Place all the ingredients in a bowl and mix together well.

Tandoori cauliflower

Blanch the whole cauliflower head in salted boiling water for 7 to 10 minutes. Coat blanched cauliflower in the tandoori marinade and place in the fridge to marinate overnight. Heat the oven to 220°C and roast cauliflower for 30 to 40 minutes.

Cauliflower crisp

Shave cauliflower thinly on a mandolin and place in a tray. Place sugar and water in a pot and bring to the boil. When the sugar has dissolved, pour the hot syrup over the shaved cauliflower and allow to sit in the hot syrup for 5 minutes. Spread the shaved cauliflower evenly in a tray lined with baking paper. Place in a dehydrator and leave overnight until crisp. Store in a dry place.

Cauliflower and macadamia couscous

Place cauliflower in a food processor and pulse until it resembles couscous. Place cauliflower in a bowl and add olive oil, lemon juice, chives and macadamia nuts. Mix well and season to taste.

Curried cauliflower purée

In a saucepan over medium heat, sweat cauliflower and onion in butter. Add curry powder, garlic, ginger and turmeric, and fry for 2 minutes. Reduce the heat to low, add milk and stock, and simmer until soft. Drain off the liquid and set aside. Process the cauliflower in a blender or food processor. Add some of the cooking liquid until you have a smooth, silky purée and season to taste. Pass through a sieve and leave to cool.

Beetroot-pickled cauliflower

Bring vinegar to the boil and add sugar, mustard seeds and bay leaves. Stir until the sugar has dissolved. Add beetroot juice and set aside to cool. Place cauliflower florets in a bowl, pour pickling liquid over, cover and allow to stand overnight.

Serves 6

Tandoori marinade

4 garlic cloves, minced
15 ml minced ginger
15 ml tandoori masala (see page 229)
juice of 1 lemon

5 ml sea salt
125 ml thick yoghurt

Tandoori cauliflower

1 cauliflower head, trimmed
1 batch tandoori marinade

Cauliflower crisp

1 cauliflower head, trimmed
400 g sugar
500 ml water

Cauliflower and macadamia couscous

½ cauliflower head, roughly chopped
20 ml olive oil
20 ml lemon juice
20 g chives, chopped
50 g macadamia nuts, toasted and finely chopped
salt

Curried cauliflower purée

1 cauliflower head, trimmed and finely chopped
1 small onion, finely chopped
15 ml butter
30 ml curry powder
1 garlic clove, minced
1 cm-piece ginger, peeled and minced
5 ml ground turmeric
500 ml milk
500 ml chicken stock
salt and pepper

Beetroot-pickled cauliflower

250 ml vinegar
100 g sugar
5 ml mustard seeds
2 bay leaves
250 ml beetroot juice
½ cauliflower head, trimmed and cut into florets