

Cauliflower 'Alla Siciliana'

This vegetable gets mixed reviews in the cookery literature. Elizabeth David, no less, disliked its 'coarse flavour and soggy texture', but others have found distinctive and interesting things to do with its dramatic curds. The Indians cook cauliflower well, and so do the Italians; this recipe is one of a number that claim to be the Sicilian way with the vegetable. What they have in common is that the cauliflower is braised in olive oil and stock (or wine).

Ingredients

1 large fresh cauliflower
200ml vegetable stock (homemade or a cube)
75ml extra virgin olive oil
25g sultanas
25g pine nuts, lightly toasted in a dry pan
3 tbsp capers
3 cloves of garlic (peeled and sliced)
A bunch of coriander leaves (about 10g), finely chopped
the usual seasoning
lemon juice

Pre-heat the oven to 200°C. Strip the cauliflower of its leaves and stalk, and cut into 2cm slices. Lay the slices in a small roasting tin. Pour over the stock, and sprinkle 1t of the olive oil. Cover with foil and cook in the oven until tender (about 45 minutes). The foil should be removed about halfway through.

While the cauliflower is cooking, prepare the dressing. Soak the sultanas in hot water until soft (about 5 min). Put the remaining olive oil in a pan with the garlic slices and warm over a low heat for 5 minutes. Then remove the garlic and add the sultanas, pine nuts, capers and chopped coriander.

Drain the cauliflower and place in serving dish. Cover with the dressing, and season with salt, black pepper and lemon juice to taste.

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