

Roasted Cauliflower Florets with Fried Caper Vinaigrette

Elizabeth Karmel - For The Associated Press
Palm Beach Post

Servings: 8

Start to Finish Time: 45 minutes

FRIED CAPER VINAIGRETTE

2/3 cup olive oil, divided

1 tablespoon salt-cured capers, rinsed and chopped

2 tablespoons shallots, chopped

1 teaspoon (about 2 cloves) garlic, grated

1/3 cup red wine vinegar or sherry vinegar

1 teaspoon whole-grain Dijon mustard

pinch sea salt

pinch ground black pepper

CAULIFLOWER

2 heads (about 4 1/2 lbs) cauliflower

2 tablespoons olive oil (or more, if needed)

2 teaspoons Kosher salt (or more, to taste)

minced country ham (for garnish) (optional)

In a medium saute' pan over medium, heat 1/4 cup of the oil. Add the capers, shallots and garlic. Cook, stirring constantly, for 2 to 4 minutes or until just starting to brown but the oil is still clear.

Transfer to a medium bowl, including all of the cooking oil. Set aside to cool.

Once the mixture has cooled, add the vinegar, mustard, salt and pepper. While whisking, drizzle in the remaining oil. Whisk until thoroughly blended.

Adjust the seasoning with additional salt and pepper, if necessary. Set aside

Preheat the oven to 400 degrees.

Set a wire rack over a baking sheet.

Wash and trim both heads of cauliflower, cutting out and discarding the core and cutting the top into large florets.

Place the florets into a large bowl and drizzle with olive oil, then toss until all of the surfaces of the cauliflower are coated with a thin film of oil (you may need to do this in two batches) .

Sprinkle with salt and toss again to distribute evenly.

Place the florets on the prepared rack.

Roast for 30 minutes. Use tongs to turn the florets. Roast for another 15 to 20 minutes or until deeply caramelized.

Return the florets to the bowl and, while still hot, drizzle and toss with a little of the fried caper vinaigrette. Add just enough of the vinaigrette to lightly coat.

Transfer the florets to a serving platter. Sprinkle with the minced country ham, if desired.

Per Serving (excluding unknown items): 166 Calories; 18g Fat (94.3% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Vegetable; 3 1/2 Fat.