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# Whole Roasted Cauliflower with Herb-Mustard Glaze

Rich Landau

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Preparation Time: 30 minutes

Start to Finish Time: 2 hours

Note:

If your cauliflower heads are tightly packed, boil them a little longer.

## FOR THE ROASTED GARLIC

6 heads garlic

6 teaspoons extra-virgin olive oil

Kosher salt

freshly ground pepper

## FOR THE GLAZE AND CAULIFLOWER

Kosher salt

1/4 cup extra-virgin olive oil

1/4 cup Dijon mustard

1 large shallot, chopped

1 cup vegan mayonnaise

freshly ground pepper

2 teaspoons dried sage

2 teaspoons fresh rosemary, chopped

1/4 cup grainy mustard

4 heads cauliflower, leaves trimmed

1/2 cup sunflower oil

Make the Roasted Garlic: Preheat the oven to 400 degrees. Cut the top one inch off of the garlic heads and place on a large sheet of foil, cut sides up. Drizzle with the olive oil and season lightly with salt and pepper. Wrap the foil around the garlic heads and bake until the garlic is browned and soft, about one hour. Remove from the oven and unwrap. When cool enough to handle, squeeze the garlic cloves out of their skins. (You should have about one cup of roasted garlic.)

Bring a large pot of salted water to a boil.

Meanwhile, make the Glaze: in a blender, combine the roasted garlic, olive oil, Dijon mustard, shallot, vegan mayonnaise, one teaspoon of salt, two teaspoons of pepper, the sage and rosemary. Puree until smooth.

Transfer the Glaze to a bowl. Stir in the grainy mustard.

Working in batches, if needed, add the cauliflower to the boiling water. Cook until lightly puffed and yellowed, 8 to 10 minutes. Drain and let cool.

Preheat the oven to 400 degrees (use the convection setting, if available). Transfer the cauliflower to a rimmed baking sheet. Brush with the sunflower oil and sprinkle with two teaspoons of salt and two teaspoons of pepper. Bake for 10 minutes.

Remove the cauliflower from the oven and pour the mustard glaze evenly over each head. Return to the oven and bake until the glaze turns golden brown, 8 to 10 minutes.

## Vegetarian

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Per Serving (excluding unknown items): 1921 Calories; 199g Fat (89.1% calories from fat); 17g Protein; 38g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 1693mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 5 1/2 Vegetable; 39 Fat; 0 Other Carbohydrates.