



Pan-Roasted Romanesco

Ingredients:

1 fresh Romanesco
2 to 3 Tablespoons olive oil or as needed
Salt and ground black pepper to taste

For each Serving:

3 to 4 Tablespoons plain Greek yogurt
1 to 2 teaspoons extra virgin olive oil
1 to 2 teaspoons fresh lemon juice
1 to 2 teaspoons honey
fresh ground black pepper or allepo pepper to taste

Trim large green leaves and bottom of core from Romanesco. Cut lengthwise in half and then cut again in half giving you four long pieces. Carefully cut each piece from the tip to stem in half, giving you 8 pieces.

Add 1 to 2 Tablespoons olive oil to a hot cast iron pan; cook salted and peppered romanesco slices for about 3 to 4 minutes until lightly seared on both sides.

Place the romanesco on baking sheet pan; drizzle with olive oil. Roast in preheated 350 degree F oven for 10 minutes.

For each serving: Spoon plain yogurt on the center of individual plates. Place 2 roasted Romanesco slices on each plate, one leaning on the other. Drizzle with olive oil, lemon juice, and drizzle of honey. Sprinkle with pepper.

Recipe inspired by Chef C.J. Jacobson

For more information see:

<http://wgntv.com/2016/07/19/lunchbreak-prepared-by-ema-chef-c-j-jacobson/>

Cook's Note: I added a large basil leaf, some grape tomatoes, and a lemon slice as garnish to each plate. I also made some plates using a small handful of freshly made Stracciatella cheese in place of the yogurt. It was delicious and full of creamy flavor.

About the Recipe: Sliced steaks of Romanesco are seared and roasted with a caramelized flavor. Serve them with some plain yogurt or Stracciatella cheese, sprinkled with olive oil, lemon juice, honey, and a touch of ground pepper. It's like a touch of Italy on your table.