



Roasted Cauliflower Melt Sandwiches

One of the most requested veggie sandwiches

Roast Cauliflower (see attached recipe)

Curry Aioli (see attached recipe)

4 Tablespoons (each) butter; olive oil

8 slices whole grain or whole wheat bread

1-1/2 cups shredded mild cheddar cheese

2 Tablespoons honey or as desired

1 or 2 Granny Smith apples, sliced into thin wedges

Roast cauliflower florets and prepare curry aioli according to attached directions. Set aside.

To prepare each sandwich: Place 1 Tablespoon butter and oil in 10-inch nonstick pan or griddle.

Place 2 bread slices on waxed paper; spread about 1 Tablespoon aioli over one side of each bread slice. Top one bread slice with 3 Tablespoons shredded cheese, a layer of roasted cauliflower, drizzles of honey, thin sliced apple slices, and 3 Tablespoons shredded cheese. Top with remaining bread slice to close sandwich.

Place sandwich in pan or griddle; cook covered over medium heat about 3 minutes or toasted, turn sandwich over; toast remaining side covered. Repeat grilling procedure for remaining sandwiches using remaining ingredients. Yield: 4 grilled sandwiches

Roasting Cauliflower

1 head cauliflower; cut into bite-size florets (8 cups)
2 Tablespoons and 1/4 cup olive oil
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon ground black pepper
2 Tablespoons hot sauce or 1 Tablespoon hot pepper seasoning
1/4 Tablespoon grated Parmesan cheese
Sprinkle with salt

Preheat oven to 450 degrees F. Spread 2 Tablespoons oil over large baking pan.

Cut cauliflower into about 8 cups bite-size florets.

Place 1/4 cup oil, garlic powder, salt, black pepper, and hot sauce in large plastic bag. Squeeze bag to combine ingredients. Add cauliflower; seal bag; toss to coat. Place on Parmesan cheese coated waxed paper; toss to coat. Arrange evenly on baking sheet; bake in 450 F degree oven; bake for 10 minutes; turn florets over; return to oven; bake for 10 minutes or golden. Remove from pan to cool. Set aside.

Curry Aioli

3/4 cup mayonnaise
1/2 Tablespoon fresh lemon juice
3 garlic cloves, minced
1 Tablespoon grated fresh ginger
3/4 Tablespoon curry powder
1/4 teaspoon smoked paprika

Pinch cayenne pepper as desired

In small bowl, combine mayonnaise and lemon juice. add garlic, ginger, curry powder, smoked paprika, and cayenne pepper to combine. Serve chilled or cold room temperature. Yield: about 1 cup

Recipe Inspired by: Chef Leonard Hollander, Arbor Restaurant

Cook's Note: When Chef Hollander worked for Marion Street Cheese Market in Oak Park Illinois, he served a grilled Cauliflower Melt sandwich that was crunchy, sweet-spicy, and a nutty treat. It was featured on Food Network and was so popular that he told me a similar sandwich is served now at Arbor Restaurant. This is our interpretation of his popular sandwich.

About the Recipe: Roasted cauliflower, tart thin green apple slices, drizzles of sweet honey, melting golden cheese, and a touch of light curry mayonnaise are perfectly blended to create one of the most delicious and popular veggie sandwiches.