



### **Cauliflower's Triple Play**

*Inspired by Chef Jeremy Fox United States 2007*

*Signature Dish - Cauliflower in a Cast-Iron Pan*

### **Vadouvan Curry**

1-1/2 Tablespoons olive oil

2 Tablespoons minced shallots

1 teaspoon curry spice

1 teaspoon minced fresh curry leaves (optional)

### **Cauliflower and White Cauliflower Sauce**

1 medium head cauliflower

1 medium head Romanesco cauliflower or golden cauliflower

2 to 3 Tablespoons extra virgin olive oil, as needed

1 cup whole milk

Sea salt to taste

### **Curry Brown Butter**

1/4 cup unsalted butter

vadouvan curry – prepared above

**Serve with** thin slices baguette, cut diagonally

1 to 2 Tablespoons coarse chopped Italian parsley

**Prepare Vadouvan Curry:** Heat 1-1/2 Tablespoons olive oil in small saucepan over medium low heat; Add minced shallots; cook until golden brown about about 10 minutes. (Don't let the shallots turn black). Add curry powder and minced curry leaves if desired; stir about 30 seconds; remove from heat; set aside to blend flavors.

**Roast Cauliflower and Romanesco:** Preheat oven to 350 degrees F. Cut the cauliflower and Romanesco into florets. Set aside 1/4 of the white cauliflower in one bowl and 1/4 of the green Romanesco in another bowl.

Chop any very large remaining florets into smaller pieces. Lightly toss the remaining cauliflower and Romanesco florets with olive oil; sprinkle lightly with sea salt to taste. Place on lightly greased large baking pan; bake in oven for 25 to 30 minutes, turning over once, until lightly charred and tender. Remove to stay warm; set aside.

**Make Cauliflower "Rice"** Meanwhile, set aside 4 tiny chunks of raw Romanesco to use as garnish. Place remaining raw Romanesco in food processor; process into "rice" like crumbs; set aside.

### **Make White Cauliflower Sauce:**

Place remaining white raw cauliflower into a medium saucepan. Add milk to cover cauliflower. Add only small amount of water if it doesn't cover the cauliflower. Season lightly with 1/8 to 1/4 teaspoon salt; cook on low medium heat until cauliflower is completely soft. Stir occasionally. Remove from heat; then puree with hand blender until smooth.

**Prepare Curry Brown Butter:** Place butter in a saucepan over medium heat. Allow to melt; become foamy and turns a golden brown. This will turn quickly so use a skillet that you can see the color changing. Add the reserved Vadouvan curry.

**To Serve:** Layer 4 small cast iron pots or shallow casserole dishes with roasted cauliflower and Romanesco; spoon warm cauliflower sauce over each casserole; sprinkle the top with raw Romanesco crumbles; drizzle some warm curry brown butter over the top; garnish with reserved Romanesco chunk or chopped parsley leaves. Serve warm with slices of baguette on the side. Yield: 4 mini casseroles

**Toasted Baguette Slices:** Brush baguette slices with some of the remaining spice butter; arrange on baking sheet. Bake in preheated 350-degree F for about 3 to 5 minutes or only until golden brown.

For More Information about original recipe See:

<https://www.oprah.com/food/cauliflower-in-a-cast-iron-pot>

<https://www.today.com/food/eat-your-veggies-cauliflower-cast-iron-pot-1D80357300>

**Signature Story and Recipe** are located on p. 205 and p.389 in *Signature Dishes That Matter*.

**About His Recipe:** Chef Jeremy Fox uses vadouvan butter, which is golden in color and has a nutty flavor of browned butter. He likes to impress people by using simple vegetables. His food helped to revolutionize vegetable cuisine in America by lifting it to a fine dining level of complexity and flavor in a relaxed setting.