



Instant Pot Braised Eastern Mediterranean Romanesco

Serve as a vegetable main dish or side dish

- 2 Tablespoons olive oil
- 5 garlic cloves, minced
- 1 teaspoon anchovy paste
- 1 teaspoon Za'atar spice
- 1/8 teaspoon red pepper flakes
- 1 (28 ounce) can whole peeled tomatoes, drain/save juice
- 1 large head Romanesco
- 1/2 cup pepper stuffed green olives, coarse chop
- 1/4 cup golden raisins
- 1/2 Tablespoons cocoa nibs
- Season with salt and ground black pepper to taste
- 1/3 to 1/2 cup fresh cilantro leaves
- 1/4 cup pine nuts, toasted
- Grated Parmesan cheese as desired

Serve with: Crusty bread or crackers

Sauté Flavor Ingredients: Using highest sauté function, cook oil, garlic, anchovy paste, Za'atar spice, and pepper flakes in Instant Pot until fragrant about 3 minutes. Turn off Instant Pot, coarse chop tomatoes; then stir in tomatoes and reserved juice.

Cook Romanesco: Trim off outer leaves of Romanesco; cut stem flush with bottom florets. With paring knife, cut 4-inch deep cross in stem. Place Romanesco stem side down into pot; spoon some of sauce over top. Lock lid in place; close pressure release valve. Select high pressure cook function; cook for 3 minutes.

Remove Romanesco: Turn off Instant Pot; quick release pressure. Carefully remove lid, allow steam to scrape away from you. Using tongs and slotted spoon, transfer Romanesco to serving dish. Cover with aluminum foil to stay warm.

Cook Tomato Sauce: Stir olives and raisins into sauce; cook, using highest sauté function until sauce has thickened slightly, about 5 minutes. Add cocoa nibs; season with salt and pepper to taste.

To Serve: Spoon some of the sauce over Romanesco and into serving dish; arrange cilantro around the edge of the dish; sprinkle dish with pine nuts and lightly grated Parmesan cheese if desired. Serve the Romanesco sliced into wedges with some crusty bread or crackers. Serves: 4

Recipe Inspired by *Mediterranean Instant Pot* America's Test Kitchen

About the Recipe: Romanesco tastes a little nuttier or earthier than its family cousin cauliflower. It is easy to prepare this recipe using an Instant Pot and then serve in wedges. Cocoa nibs enhance the rich flavor of the sauce. This recipe highlights the Eastern Mediterranean flavors and makes a tasty vegetarian dinner dish.

For More Information about Romanesco See:

<https://www.gloriagoodtaste.com/jan-2016-product-shoutout/>