



Recipe 3 – Cauliflower zaalouk with Ghoea Cress®, Honny® Cress and Limon Cress and Cornabria Blossom®

Servings

Two

Ingredients

- | | | | |
|-----------|---------------------|------------|---------------------|
| ■ 1/6 x | Cauliflower | ■ 120 g | Tomato passata |
| ■ 1/2 x | Onion | ■ 1 pinch | Fine sea salt |
| ■ 1/2 x | Garlic clove | ■ 1 pinch | Ground white pepper |
| ■ 120 g | Plum tomato | ■ 1 punnet | Ghoea Cress® |
| ■ 1 tsp | Olive oil | ■ 1 punnet | Honny® Cress |
| ■ 1/2 tsp | Ras el hanout spice | ■ 1 punnet | Limon Cress |
| ■ 1/4 tsp | Ground turmeric | ■ 2 pieces | Cornabria Blossom® |

Method

- Keeping the stem intact, cut the florets from the cauliflower; then cut the florets into even pieces, about 2–3 cm long.
- Using a mandolin or speedy peeler, take long strips from the stem and drop into a bowl of iced water.
- Bring a pan of salted water to the boil, add the cauliflower florets and simmer for two minutes until just tender. Drain and set aside.
- Finely chop the onion, thinly slice the garlic and roughly chop the plum tomato.
- Heat a sauté pan until medium hot, add the olive oil and onion and fry for 1–2 minutes until just softening. Add the garlic and fry for 30 seconds, then add the ras el hanout and turmeric and stir together.
- Stir in the chopped tomatoes and passata and bring to the boil, then turn the heat down and simmer for a couple of minutes.
- Using a pair of scissors, cut the Ghoea Cress® and Limon Cress and add to the pan along with the reserved cooked cauliflower florets. Reduce the heat and simmer for five minutes until just tender and the sauce thickened. Season to taste with the salt and pepper.
- Using a pair of scissors, cut the Honny® Cress at the base and set aside. Drain the raw cauliflower strips and set aside.
- Serve the cauliflower zaalouk in a small bowl, topped with the Honny® Cress, Cornabria Blossom® and strips of raw cauliflower.
- Taste and then write down how you think the dish tastes, describing the different elements.