
Indian Spiced Cauliflower



Servings: 4

NOTES: As you cut up the cauliflower, it's fine to cut some into slices, because they will lay flat in the pan and caramelize easier than florets. Just make them small, bite-sized. I advise you not to wash the cauliflower just before making this as it really will spit at you while cooking.

1. In a saute pan large enough to hold all the cauliflower in one layer, heat the oil and butter over medium-high heat until melted and almost spitting. Toss in the cauliflower and the dried thyme and maintaining fairly high heat as you brown (caramelize) the cauliflower. Use a spatula to turn the cauliflower periodically so browning occurs over all the surfaces. Watch the pan carefully so it doesn't burn, and turn down the heat as you need to. Once all the pieces are nicely caramelized, add about 1/4 cup of water to the pan and cover for just a minute or two to cook the cauliflower through.

2. Sprinkle on the curry powder and toss in the pan. Season with salt and pepper, garnish with cilantro and serve immediately.

- 1 tablespoon canola oil, or olive oil
- 1 tablespoon unsalted butter
- 1 head cauliflower, cut into bite-sized pieces
- 1 teaspoon dried thyme, crushed between your palms
- 1 teaspoon Madras curry powder, slightly heaping
- 3 tablespoons cilantro, minced (garnish)
- salt and pepper to taste

Per Serving (excluding unknown items): 68 Calories; 6g Fat (80.9% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 11mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

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