

Cauliflower Tabbouleh

Author: Food & Wine magazine, July 2008, from Jason Wilson (chef) at Crush.

Carolyn T's
Cookbook

Servings: 6



Notes: If I made this again, I'd use lemon juice instead of sherry vinegar. Add more mint and parsley - and tomatoes too.

Description: All the trappings of tabbouleh, but made with cauliflower instead of bulgar wheat.

1. Fit a food processor with a coarse shredding disk. with machine on, drop the cauliflower florets through feed tube without pressing, and process all cauliflower until finely grated. Transfer the cauliflower to a medium bowl and toss with the salt. Let stand at room temp for 30 minutes.

2. Drain the cauliflower and squeeze out any liquid; return cauliflower to bowl.

3. In a small skillet, heat 6 T. olive oil. Add the cumin, paprika and shallot and cook until the mixture is fragrant, about 2 minutes. Add the garlic and cook just briefly. Do not allow garlic to burn. Let cool slightly, then pour the mixture over the cauliflower. Add the preserved lemon, mint, tomato, sherry vinegar and the parsley and chives to the cauliflower. Season with salt and pepper to taste. Toss and serve. Or refrigerate for a couple of hours and serve.

- 1 1/2 pounds cauliflower (1 small head)**
- 2 teaspoons salt**
- 6 tablespoons olive oil**
- 1 clove garlic, minced**
- 1 tablespoon ground cumin**
- 1 teaspoon smoked paprika, either mild or hot, or half and half**
- 1 whole shallot, minced**
- 1 1/2 teaspoons preserved lemon, rind only (and no more than shown)**
- 1 tablespoon mint, chopped (more if desired)**
- 1/2 cup tomato, seeded, diced**
- 2 tablespoons sherry vinegar, or lemon juice**
- 1/4 cup chopped parsley, or more if desired**
- 1/4 cup chopped chives**

Serving Ideas: Ideally this should be served with some strong flavored meat - or fish (like mackerel, yellowtail)

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 161 Calories; 14g Fat (73.8% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 760mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

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