

Tandoori-Style Cauliflower

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Servings: 6

This is a fairly labor-intensive dish to make, but everyone loved it. The flavors aren't too powerful at all, surprisingly. Actually, I'd say they're quite subtle.

1. To prepare cauliflower, bring first 3 ingredients to a boil in a large saucepan. Add cauliflower florets; cover, reduce heat, and simmer 5 minutes or just until tender (do not overcook). Drain.
2. To prepare spice mix, combine cardamom, cloves, cinnamon, and bay leaf in a medium nonstick skillet; cook over medium heat 2 minutes or until toasted and fragrant. Place mixture in a coffee or spice grinder; process until ground.
3. To prepare sauce, heat oil in skillet over medium heat. Add onion; sauté 8-12 minutes or until lightly browned. Stir in cardamom mixture, ground almonds, and next 5 ingredients (through garlic); cook 2 minutes. Remove from heat; cool slightly.
4. Preheat oven to 350°.
5. Place onion mixture and 1/3 cup water in a blender, and process until almost smooth, scraping sides of blender occasionally. Place onion mixture in skillet; gradually stir in yogurt. Cook over low heat 5 minutes, stirring frequently.
6. Place cauliflower in a shallow 2-quart baking dish; pour onion mixture over cauliflower, tossing to coat. Bake at 350° for 20 minutes or until thoroughly heated and just beginning to brown. Sprinkle with cilantro and serve.

CAULIFLOWER:

- 1 teaspoon salt
- 1 tablespoon fresh lemon juice
- 3 cups water
- 6 cups cauliflower, cut in florets

SPICE MIX:

- 2 whole cardamom, whole pods
- 2 whole cloves
- 1 piece cinnamon stick, a 1-inch piece
- 1 whole bay leaf

SAUCE:

- 1 1/2 teaspoons canola oil
- 1 1/2 cups chopped onion
- 1 tablespoon blanched almonds, finely ground
- 1 1/2 teaspoons fresh ginger, grated
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon salt
- 1/4 teaspoon ground red pepper
- 3 whole garlic cloves, minced
- 1/3 cup water
- 6 tablespoons plain yogurt
- 1/4 cup chopped fresh cilantro

Per Serving (excluding unknown items): 92 Calories; 3g Fat (28.6% calories from fat); 4g Protein; 15g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 582mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

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