

# Roasted Cauliflower With Pine Nut, Raisin, and Caper Vinaigrette

Internet Address: <https://www.seriousseats.com/recipes/2013/12/roasted-cauliflower-pine-nut-raisin-caper-food-lab-recipe.html>

Adapted slightly from Serious Eats



- 1 head cauliflower, trimmed and cut into florets
- 6 tablespoons extra-virgin olive oil, divided
- Kosher salt and freshly ground black pepper
- 1 tablespoon sherry vinegar
- 1 tablespoon honey
- 1/4 teaspoon Dijon mustard
- 2 tablespoons capers, rinsed, drained
- 1/4 cup pine nuts, toasted
- 1/4 cup golden raisins
- 2 tablespoons parsley, chopped finely

*Per Serving (excluding unknown items): 288 Calories; 26g Fat (78.1% calories from fat); 2g Protein; 14g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 117mg Sodium; 11g Total Sugars; 0mg Vitamin D; 18mg Calcium; 1mg Iron; 214mg Potassium; 72mg Phosphorus.*  
Exchanges: .

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 4

1. Adjust oven rack to middle position and preheat oven to 475°F (260°C). Toss cauliflower with about a third of the olive oil. Season to taste with salt and pepper. You may do this on the foil-lined rimmed baking sheet you'll use for roasting. Roast until cauliflower is tender and deeply browned on both sides, about 17 minutes total, flipping cauliflower with a thin metal spatula halfway through roasting. Insert a sharp knife into the stem of the cauliflower to test. Do not over bake.
2. While cauliflower roasts, combine in a small jar the remaining olive oil, vinegar, honey, mustard, capers, pine nuts, raisins, and parsley. Shake well to distribute mustard. Season dressing to taste with salt and pepper. Taste for balance of oil to vinegar and add more vinegar if needed, or oil.
3. Transfer cooked cauliflower to a serving platter and drizzle most of the dressing on top. You may have leftover vinaigrette - use it on a salad at a later time. Serve immediately. Cauliflower is also good served at room temp, so can be made about 30 minutes ahead.