

Roasted Cauliflower Slices with Olive Oil and Thyme

"Tender: Simple Ways to Enjoy Eating, Cooking and Choosing Our Food," by Tamara Murphy.

Seattle Times, November 2011

Internet Address: http://seattletimes.nwsourc.com/html/foodwine/2016723893_xmascauliflower16.html



- 1 head cauliflower
- 2 tablespoons butter
- 3 tablespoons extra-virgin olive oil, or more to taste
- 1 tablespoon balsamic vinegar
- Salt and pepper
- fresh thyme (or in a pinch use dried thyme)

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

Servings: 4

I used a little less butter and oil than the recipe indicates, just to try to use less fat altogether. If you have a particularly large cauliflower, it will likely serve up to 6 people.

1. Preheat oven to 400°.
2. Leave the cauliflower root on. This helps keep the head intact when you slice it. Cut thick slices, approximately 1/2 inch, with a really sharp knife. Don't worry about the little bits that fall off. Either save them and toss them with your next salad or roast them with your slices.
3. Set a foil-lined rimmed sheet pan or large cookie sheet in the preheated oven until it's hot. Take the hot pan out of the oven and carefully add the butter, olive oil and vinegar, mixing to blend. It will splatter, so be careful.
4. Place the cauliflower slices in the pan. Coat one side with the butter mixture and turn the slices over with a pair of tongs. Season with salt and pepper. If it seems dry, add a little more olive oil.
5. Roast for 10 to 15 minutes on one side, then turn the slices over. It should be browned and caramelized. Cook for another 10 minutes or so, until the cauliflower is fork-tender. The timing depends on how thick the slices are.
6. Transfer the cauliflower to a platter and garnish with the thyme flowers, thyme leaves or whatever herbs you have. Serve hot or at room temperature.

Per Serving (excluding unknown items): 147 Calories; 16g Fat (94.5% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 66mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 3 Fat.