CAULIFLOWER, CURRY, AND CASHEW NUTS

Recipe for 4 persons

INGREDIENTS

- 1 large cauliflower
- 1 onion
- 1 carrot
- Olive oil
- 2 tablespoons of paprika
- 2 tablespoons of turmeric
- 2 tablespoons yellow curry powder
- 300g of cashew nuts
- Harissa
- Curled parsley

PREPARATION

Chou-fleur
- o   Remove the stems from your cauliflower and keep it whole.
- o   Roughly chop the onion, carrot, and cauliflower stems. Fry them in olive oil in a large saucepan over low heat. Add the paprika, turmeric, and yellow curry powder. Cook for a few minutes and then add water.
- o   When it boils, plunge your whole cauliflower into your broth and let it cook for 1 hour. Remove it from the broth and keep it aside.

Cashew sauce, harissa
- o   Mix the cashew nuts with a little of your spiced stock to make a smooth paste.
- o   Add the harissa to your liking, salt, and pepper.

DRESSING

- o   Bake the cauliflower at 180° for about 15 minutes. Leave it a little colored on top.
- o   When taking it out of the oven, arrange it on a plate, place your creamy cashew nuts and harissa on top of the cauliflower.
- o   To finish, sprinkle the cauliflower with crushed cashew nuts and curled parsley.

Recipe proposed by Benjamin Vakanas, Executive Chef at La Ferme de Mon Père.

CONTACTS

If you would like more information or any visuals,
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