

ROASTED CAULIFLOWER WEDGE

by Chef Billy Strynkowski

INGREDIENTS

4 tbsp Olive Oil
1 tbsp Curry Powder
1 tbsp Lime Juice or White Balsamic Vinegar
1 Head of Cauliflower, Greens Separated
1 Bunch Rainbow Swiss Chard, Chop into 2 inch strips
8 Spring Ramps or Green Onions
6 Large Carrots with Green Tops
Salt and Pepper To Taste



A versatile vegetable and “blank canvas” for any flavor profile. Like many vegetables, cauliflower is rich in nutrients like fiber, vitamins, and minerals. It’s “meaty” texture makes it a great addition to vegetable-forward dishes. And don’t throw out the leaves! They are 100% edible and delicious.

METHOD

1. Bring medium pot of salted water to a boil, add the entire head of cauliflower and cook for 4 minutes Carefully remove the cauliflower and drain the water with a colander
2. Wash and dry Swiss chard, cauliflower greens and ramps Chop the greens into 2-inch strips and set aside, leave the ramps whole Cut green tops off the carrots and juice 5 carrots to make 2 cups of carrot juice Slice the remaining carrot into circles
3. Using a large skillet over medium heat, add 1 tablespoon olive oil and swirl to coat the bottom of the skillet Add Swiss chard, cauliflower greens and ramps sauté for 3 minutes Remove vegetables and set aside
4. In the same skillet over low heat, add 1 tablespoon olive oil and cook sliced carrots slowly for 12 minutes, tossing every minute until caramelized and golden-brown Season to taste, set aside
5. Cut the blanched cauliflower head into 4 equal wedges, keeping the core intact Wipe out the skillet used for the vegetables and heat to medium heat Add 1 tablespoon olive oil and place the cauliflower wedges flat side down into the hot skillet and cook until golden brown on both sides, making sure to flip Remove from heat
6. In the same skillet over low heat, add 1 tablespoon olive oil Add the curry powder and cook in the oil for 15 seconds before adding the carrot juice Add the cooked vegetables back to the pan, bring to a simmer add lime juice and season to taste
7. Place warm cauliflower on a large plate, evenly spooning the carrot curry broth and vegetables around the cauliflower Garnish with green carrot tops Serve hot or warm.