

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Roasted Cauliflower with Vadouvan Granola

BY CHEF JOEY ALTMAN

Roasted Cauliflower

Ingredients

4 each cauliflower, halved, cored and cut into small florets

¼ cup vadouvan curry spice

1 cup extra virgin olive oil

2 tbsp. kosher salt

Vadouvan granola

1 cup chopped Italian parsley and mint leaves

2 cups Greek yogurt, drained in a colander lined with cheese cloth

Directions

Preheat oven to 400°F.

In a large mixing bowl, toss the cauliflower with the curry spice, oil and salt. Place on baking trays and roast until well toasted, about 20 minutes.

Spread the yogurt on a serving platter.

Remove the roasted cauliflower from the oven. Place the cauliflower on the yogurt and liberally garnish with the vadouvan granola, chopped parsley and mint and serve.

Vadouvan Granola

Ingredients

1 qt. rice bran oil

1 cup wild rice

½ cup olive oil

1 ½ cup sliced almonds

1 ½ cups plain instant oatmeal

½ cup vadouvan spice (French curry blend)

1 ½ crispy shallots (available in Asian foods markets)

Salt to taste

Directions

Preheat oven to 250°F. In a large saucepot, heat the rice bran oil to 400°F. Place a sheet tray lined with paper towels close by.

When the oil reaches temperature, add a small amount of rice to test it. The rice should quickly puff. If it doesn't, turn the heat up a little. When the rice does puff, carefully add the rest of the rice and using a strainer place the puffed rice on the paper towels to drain.

In a large sauté pan on medium heat, sauté the almonds, oatmeal and Vadouvan spice in the olive oil until the almonds are lightly toasted. Combine the sautéed almond mixture in a bowl with the puffed rice and crispy shallots and a little salt. Place the mixture on the towel-lined sheet pan and toast for 10-15 minutes.