



Posted on 23 June 2015
by Francesca Verrucci

Saffron Roasted Cauliflower with Olives and Sultan



Ingredients

1 medium head cauliflower, divided into florets
1 large red onion, sliced
50 g sultanas
70 g green olives, pitted and cut in quarters (half if small) lengthways
½ tsp saffron strands, crushed and infused in 3 tbsp of boiling water
3 tbsp olive oil
2 bay leaves
Salt and pepper
flat-leaf parsley, only leaves, roughly chopped
Tahini sauce
75 ml tahini paste
75 ml water
40 ml lemon juice
1 clove garlic, crushed
Salt
Serves 2 to 3

Preparation

- 1 Preheat the oven to 200° C (400°F).
- 2 In a large mixing bowl, toss together all the ingredients except the parsley.
- 3 Transfer the mix into a baking dish, on an even layer, cover with aluminum foil and bake for about 25 minutes.
- 4 Remove from the oven, carefully lift off the foil and stir. At this point you can cover again and finish off cooking for another 20 minutes or, if you like a more browned cauliflower return into the oven without the foil (in this case you have to check every 10 minutes and, if necessary, give the mixture a stir if you don't want it burns).
- 5 The cauliflower is ready when tender but not too soft.
- 6 Remove from the oven, if necessary lift off the foil covering, and leave to cool down a little before stirring in the chopped parsley.
- 7 Taste, adjust the seasoning if necessary and serve warm or at room temperature.
- 8 I like to serve it with some tahini sauce: you can drizzle a little on top or serve it in a bowl

so that your guests can help themselves according to their liking.

- 9 How to make the tahini sauce: in a bowl whisk together tahini paste, water, lemon juice, garlic and a pinch of salt. The mixture should be creamy, if too thick add more water. It is also possible to blend ingredients using a food processor.

Cooks Note

(Source)
