Cauliflower Chaat

Honestly, you can’t have too many recipes for cauliflower. This one went together in a snap and was the perfect way to use two sweet and tender heads I picked up at the farmers market this weekend. Here’s a Cauliflower Chaat from the New York Times Cooking Section with some creative adaptations.

Ingredients for the cauliflower:

- 10 tablespoons sunflower or coconut oil
- 2 small heads cauliflower, cut into bite-sized florets
- Salt to taste
- 4 teaspoons finely chopped ginger
- 4 teaspoons finely chopped jalapeño pepper
- 4 tablespoons chopped cilantro
- 1 tablespoon lemon juice
- 2 tablespoons chaat masala (spice mix)
- 2 cups cooked Basmati rice

Ingredients for the sauce:

- 2 cups cilantro
- 1 jalapeño pepper
- 1 small white onion
- 1 garlic clove
- 4 tablespoons of coconut or almond yogurt
- ½ teaspoon of cumin
- 2 tablespoons lemon juice
- Salt and pepper, to taste
- 4 tablespoons roughly chopped roasted almonds

Optional toppings

- 1 seeded pomegranate
- 1 can of chickpeas, rinsed, drained and pan roasted with a bit coconut oil and cumin to add a bit of crisp and

flavor

Preparation

Heat the oil in a sauté pan on med-high heat, until the oil just begins to smoke in small wisps. Add the cauliflower florets and lower the heat to medium. Sprinkle with salt and allow the florets to brown in the pan, then stir and turn the heat down to medium. Cook for another minute or two, then add ginger and jalapeño. Stir well, combine cilantro, lemon juice, and chaat masala, and stir again.

Remove pan from heat and cover.

Prepare the sauce: Place all ingredients plus 2 tablespoons water in a small food processor and purée until smooth, stopping to scrape down the sides and incorporate everything. Taste and season with salt and pepper.

Drizzle sauce over the cauliflower and sprinkle with almonds, pomegranate seeds, and chickpeas.

Serve with rice.

Enjoy!

Adapted from the: The Joy Of Cooking For One, as seen in the New York Times.