



Cauliflower A La Plancha with Pine Nuts

Yield: 6

Smoked Paprika Oil

Yield: 1 cup

2 tsp Chopped Garlic
 1 each Chopped Shallot
 1 cup Canola Oil
 3 Tbsp Sweet Pimenton De La Vera

Simple Syrup

Yield: ½ cup

½ cup Water
 ½ cup Sugar
 ¼ each Cinnamon
 1 each Star Anise

3 lb Fresh Cauliflower
 1/4 cup Golden Raisins
 2 Tbsp Olive Oil
 1/4 cup Pine Nuts
 2 Tbsp Fresh Chopped Chives
 1/4 tsp Sea Salt
 1/8 tsp Ground Black Pepper
 2 Tbsp Fresh Lemon Juice



For smoked paprika oil: Place the garlic and shallots in a small sauce pot and add 1/2 teaspoon canola oil. Slowly toast in the pot over low heat for 5 minutes. Add the paprika to the pan and stir while toasting on low heat for another 5 minutes. Add the remaining canola oil and heat on low heat until the oil is hot, but not smoking. Remove from heat and set aside to cool completely. Once cooled, strain the oil through a fine mesh sieve or coffee filter and refrigerate for up to 1 week.

For the syrup: Place all ingredients into a small sauce pan and bring to a simmer to dissolve sugar. Let the spices steep in the water for 30 minutes. Strain.

Cut cauliflower head in half and remove tough stem. Slice cauliflower into 1/4 inch thick slices and set aside.

Place golden raisins in syrup and soak for 30 minutes to reconstitute. Drain, discard or save syrup for another use.

Preheat a cast iron pan over medium high heat for 3-4 minutes. Add olive oil to the pan to coat the bottom. The oil should smoke at this point. Add the cut cauliflower to the pan and sauté for 5-6 minutes. The cauliflower should become golden brown to brown and be tender. Once the cauliflower is cooked, turn off the heat and add the pine nuts, raisins, chives, salt and pepper. Add lemon juice, the paprika oil and toss until all garnishes are well mixed. Serve warm or at room temperature.

Chef's Note: Flavored simple syrup is great in teas or your favorite cocktails.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber(g)
204.2	3	15.3	16.1	0	126.7	1.5	2.7