My Global Kitchens

Whole Roasted Cauliflower

Serves 3-4

Ingredients

- 1 large head cauliflower
- 1 Tbsp olive oil
- 2 Tbsp butter
- 1 lemon, juiced
- Salt -about 1 teaspoon
- White ground pepper

Instructions

Preheat oven to 350 (you can use your toaster oven if it's big enough for the head of cauliflower).

Trim the leaves from the head of cauliflower. Fill a large stock pot with water and submerge the entire cauliflower head in the water, stem side up. Add the juice of ½ a lemon and a little salt to the pot.   Once it starts to simmer, cover it and cook for six minutes. Drain well and pat dry with a kitchen towel.   Melt the butter and add the oil. Brush the cauliflower with some of the butter/olive oil mixture and sprinkle with salt and white ground pepper.

Put the cauliflower stem side down on a greased, foil-lined pan and bake it for one hour, basting with the butter/oil mix every 20 minutes. Keep baking until the cauliflower is really tender. To test, insert a sharp knife blade into the center - it should slide in very easily. Allow to rest at least 10 minutes before slicing into "steaks" about ¾ inch thick.