

Baked Cauliflower

I try to make this a vegan dish but you could easily replace the silken tofu with ricotta cheese.

Or leave the tofu and cheese out totally...so it is more a glaze that is rubbed in.

Be adventurous...in summer you could use fresh herbs.

1 cauliflower

2 tbsp sunflower oil

2tsp ground cumin

1/2 tsp flaked chillies

1 tbsp grated fresh ginger

1/2 tsp ground turmeric

Salt and pepper

1 packet silken tofu or 1/2 tub ricotta - both optional

1. Remove the outer leaves of the cauliflower; place in a large pan with an inch of water. Place lid on top and steam for about 10mins. You could add a stock cube to the water if you wished but it isn't really necessary.
2. Place all the other ingredients in a bowl and mix well into a paste. You may have to add more oil. Test for seasoning and add accordingly.\
3. Place the steamed cauliflower in a oven proof dish and then massage the spice mix all over the top.
4. Cook in the oven for about 25mins....keep checking it. Fan oven 160C.
5. Serve as a side dish or as a hearty main.