

Cavolfiore in forno

Cauliflower from the oven



Ingredients for 4 people

preheat the oven to 200 – 220 degrees

1 cauliflower, about 800 g – 1 kg

trim it, set the green leaves aside if they are fresh and crisp. At the end cut them into fine strips and use them for decoration.

Halve the cauliflower and cut it into slices about 1 cm thick.

The florets that are not attached to the stalk will fall off.

Halve and quarter these. Use the small crumbs as well, as little heaps.

4 tbsp olive oil

Lay the cauliflower pieces on well-oiled baking paper and brush or drizzle the surfaces generously with oil as well.

Bake for 10 minutes. Then take them out briefly, salt them, turn the pieces carefully, salt again and put them back in the oven for about 5 minutes. Switch the oven off and leave them to cook on for another 5 – 10 minutes, depending on whether you like vegetables crisp or well done.

When the pieces are only lukewarm, arrange them on plates and marinate them as the mood takes you.

Who says cauliflower is boring? We have come a long way from the childhood nightmare of cauliflower with béchamel sauce! Try one of the seven delicious marinades!

- 1** lemon juice, olive oil, salt and pepper, mixed fresh herbs
- 2** like variation 1, but at the end decorate with small cubes of pepper and tomato
- 3** like variation 1, plus roughly chopped capers and olives
- 4** like variation 1, with crumbled feta scattered over
- 5** orange juice, olive oil, salt and pepper. Scatter orange segments and roughly chopped hazelnuts over the top.
- 6** mustard, orange juice, olive oil, soaked raisins. Scatter toasted pine nuts over.
- 7** lemon juice, olive oil, parsley, a little crushed garlic, and lay anchovy fillets cut into strips over the top. Scatter croutons fried crisp in olive oil over them.