

Cauliflower Cake



This weeks recipe of the week comes from Yotam Ottolenghis cookbook 'Plenty More'. Absolutely delicious, the AW team loved it.

Ingredients:

1 small cauliflower broken into 3 cm florets (approx 450g)

1 medium red onion

75ml olive oil

1/2 teaspoon finely chopped rosemary

7 eggs

15g basil

120g plain flour, sifted

1 1/2 teaspoons baking powder

1/2 teaspoon ground turmeric

150g parmesan (coarsely grated)

Butter (to line the tin)

1 tablespoon white sesame seeds

1 teaspoon nigella seeds

Salt & Black Pepper to taste

Method:

1. Preheat your oven to 180°C
2. Place the cauliflower florets in a saucepan and add 1/2 teaspoon of salt. Cover with water and simmer for 15 minutes until the cauliflower is soft. Strain and set aside to dry.

3. With your onion, cut 4 round slices around 0.5cm thick off of one end and set aside. Coarsely chop the rest of the onion and place into a small saucepan with the oil and fresh rosemary.
4. Cook the onion for approx 10 minutes on medium heat, stirring from time to time until it is soft.
5. Transfer the onion to a large bowl, adding the eggs and basil. Whisk well and then add the baking powder, flour, parmesan, turmeric and plenty of pepper.
6. Whisk until smooth before adding in the cauliflower and stirring gently, trying not to break up all the florets.
7. Line a 24cm springform cake tin with baking paper. Brush the sides with melted butter.
8. Mix the sesame seeds and nigella seeds and toss them around the inside of the tin so they stick to the sides.
9. Tip in the cauliflower mix and arrange the reserved onion rings on top.
10. Place in the centre of the oven and baking for approximately 45 minutes until golden brown. Do the knife test in the centre of the cake - it should come out smooth.
11. Remove from the oven and leave for at least 20 minutes before serving.
12. Serve warm or at room temperature (not hot), alongside a delicious green salad.

Refined Sugar Free