

## Mediterranean Spiced Whole Roasted Romanesco (Cauliflower)



Prep Time: 20 minutes  
Cook Time: 60 minutes  
Servings: 4  
Storage: 5 days  
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### Ingredients

- 1 head Romanesco (Cauliflower can be used)
- 3 ounces ghee
- 3 TBSP olive oil
- 1 TBSP chopped garlic
- 1 teaspoon oregano (dried)
- 1 teaspoon thyme (dried)
- Kosher salt and freshly ground black pepper
- ½ cup pepitas, chopped
- ½ cup golden raisins
- 1 lemon, zested and juiced
- Parsley, garnish
- Mint leaves, garnish

### Yogurt Tahini Sauce:

- ½ cup Greek yogurt
- 3 TBSP olive oil
- 2 TBSP tahini
- ¼ cup mint - minced
- ½ teaspoon ground cumin
- 1 clove garlic, minced
- Juice of 1 lemon and zest
- Kosher salt and freshly ground black pepper

### Instructions

For the Romanesco:

- Preheat the oven to 450 ° F.
- Heat the ghee and olive oil in a small saucepan over medium heat. Add the garlic, thyme and oregano and cook until fragrant, about 1 minute.

- Make a small foil ring wide enough to hold up the base of the Romanesco. Put the foil ring in a large sauté pan and place the Romanesco on top. Season the Romanesco with salt and pepper. Pour all but ¼ cup of the spiced ghee over the Romanesco. Roast the Romanesco for 10 minutes, then baste with some of the spiced ghee on the bottom of the pan. Continue to roast and baste until the Romanesco is tender, about 30-45 minutes.
- Meanwhile, add the pepitas and raisins to the remaining spiced ghee in the saucepan and cook over medium heat until the nuts are toasted, and the raisins are plump, about 3 minutes. Stir in the lemon juice.
- Remove the Romanesco to a serving platter and drizzle with any remaining ghee from the sauté pan. Top with the pepita, raisin and spiced ghee mixture and sprinkle with the lemon zest.

For the yogurt-tahini sauce:

- Whisk together the yogurt, olive oil, tahini, mint, cumin, garlic, and lemon juice in a medium bowl. Season with salt and pepper.
- Drizzle the Romanesco with the yogurt-tahini sauce and garnish with the parsley and mint.

Categories:

Cauliflower, Side Dish, Roasting, Gluten Free, Vegetarian

*Adapted Geoffrey Zakarian recipe*