



Whole Roasted Cauliflower with Aji Verde

By Chef Veera Gaul, Ph.D.



Ingredients

1 medium cauliflower (about 2lbs)
1/3 – 1/2 cup Single Estate Olive oil (EVOO)
Salt

Aji Verde Sauce

1/4 cup mayonnaise or veganaise
2 cups lightly packed cilantro leaves and small stems
1 cup lightly packed parsley leaves and small stems
2 medium jalapenos roughly chopped (remove membranes and seeds for less heat)
4 cloves garlic, chopped
1/3 cup grated Cotija (or grated Parmesan)
1-2 teaspoons Lime juice
Sea Salt and pepper to taste
1/4 cup Single Estate Olive Oil (EVOO)

Preparation

Preheat oven to 375F and place a rack on the middle shelf of the oven.

Break off and discard the outer leaves from the cauliflower. Cut off the bottom of the stem, and then use the tip of a small, sharp knife to cut off the leaves close to the stem. Carefully cut out the hard core of the cauliflower, near the bottom. Leave the main stem intact and make sure not to cut through any of the florets, leaving the head intact.

Rinse the cauliflower and pat to remove excess water Drizzle the entire head with olive oil and use your hands to rub the oil over the cauliflower until evenly coated. Sprinkle generously with salt.

Place the cauliflower, floret side up in a cast iron pan, core side down. Cover with foil and cook in the oven for 30-40 minutes. Remove the foil and roast for an additional hour till brown and a knife poked through gets no resistance. Transfer to a platter.

While the cauliflower is roasting, make the sauce by combining all the ingredients (except the EVOO) in a food processor. Blend until smooth (there will always be small cilantro and parsley pieces creating beautiful texture). With the processor still running, drizzle in the EVOO till well combined. Taste and adjust seasoning as necessary

Serve the roasted cauliflower with Aji Verde or your favorite sauce (see Chef Tip) and sliced or cherry tomatoes.

Serves 4 (as a side dish), 2 as an entree

Active Time including sauce: 25 minutes. Total Time: 2 hours

Chef Tip

Roasted cauliflower is very versatile. I love it with this herby and slightly spicy sauce, but you can serve it with this [Romesco sauce](#) recipe or even a marinara sauce.

Categories: Entrée, Snacks & Sides, Vegetarian, Vegan, Gluten-Free, Cauliflower, Whole Roasted Cauliflower, Cilantro, Parsley, Jalapeno, Cotija, Aji Verde, Peruvian Green Sauce, Vegetarian Entrée, Show-Stopper Entrée, Mediterranean Diet, Plant Based Meal, Vegetarian Entertaining