



RECIPE

Mediterranean Braised Cauliflower

Recipe Created For
Stainless Steel Fry Pan

Main Ingredient
Vegetables

Cook Time
Over 1 hour

Serving Size
4-6

INGREDIENTS

- 1 lb. (454g) head of cauliflower
- 2 cloves garlic, minced
- 1 Tbsp (15ml) fresh thyme leaves
- 2 Tbsp (30ml) olive oil
- to taste salt
- ¼ cup (60ml) capers, chopped
- ¼ cup (60ml) white wine
- 2 lemons, 1 sliced, 1 juiced
- 1 Tbsp (15ml) lemon zest
- ½ cup (125ml) cherry tomatoes
- 2 Tbsp (30ml) parsley, chopped

INSTRUCTIONS

Preheat oven to 350°F (175 °C). Pull all the leaves off of the cauliflower and use a paring knife to remove a bit of the core, keeping the head in tacked.

Place cauliflower cut side down into pan.

In a small bowl, mix garlic, thyme, olive oil, salt and capers, rub all over the head of cauliflower.

Drizzle the wine and lemon juice on top. Cover with foil and braise 1 hour or until tender. Removing the foil and sprinkle the lemon zest and place the cherry tomatoes and lemon slices in the bottom of the pan. Return to the oven for a further 15-20 mins, or until the cauliflower is golden.

Remove from oven, top with parsley and drizzle with remaining olive oil. Cut into wedges to serve.

Note: Stainless steel tends to be very durable. This type of cookware tends to not leach off any of its metallic properties into food. This means the cookware itself does not impact flavor quality. Quality stainless steel ensures an even cooking of foods. When the cookware is well made, the cooking properties can be nearly impossible to beat or match.

Reviews

SHOP

- [Cook](#)
- [Bake](#)
- [Serve](#)
- [Tools & Accessories](#)
- [Specials](#)

DISCOVER

- [About Us](#)
- [Colours](#)
- [Materials](#)
- [Our Boutiques](#)
- [Where to Buy](#)
- [Careers](#)

CUSTOMER CARE

- [FAQs](#)
- [Care & Use](#)
- [Warranty](#)
- [Order Information](#)
- [Returns](#)
- [Contact Us](#)

MY ACCOUNT

- [Login](#)
- [Why Sign Up?](#)
- [Order Tracking](#)
- [My Wishlist](#)
- [Find a Registry](#)

[Terms](#) | [Privacy Policy](#)

Canada



© 2022 All Rights Reserved.