

Whole Roasted Cauliflower with Guiana Spice Blend

Ingredients

- 1 large head cauliflower
- 2 Tablespoons olive oil
- 2 Tablespoons Guiana spice blend (see ingredients below)
- 1-2 Tablespoon water to thin
- ½ teaspoon sea salt
- 2 cups whole grain such as black (forbidden) rice
- 1 cup plain unsweetened yogurt (cow, goat or coconut)
- 1 cup Chimichurri sauce (see separate recipe)

Guiana spice blend

- 1 teaspoon cayenne pepper
- 2 teaspoons dried oregano
- 1 ½ teaspoon dried thyme
- ¾ teaspoon dried ginger powder
- ½ teaspoon dried onion powder or flakes

Method

1. Preheat oven to 400 F. Fill a small baking pan halfway with water and set on the floor (bottom) of the oven. This will provide steam to help the cauliflower cook more evenly.
2. Rinse and dry the cauliflower and carefully cut off the bottom stalk without removing too much core. You want the entire head intact for baking. Peel away any remaining green leaves and place in a cast-iron or other oven-safe pan.
3. In a mixing bowl, mix together olive oil, Guiana spice blend and enough water to make a spreadable paste. Taste and adjust for seasonings, adding lemon juice for more bright tartness, salt for saltiness.
4. Flip the cauliflower upside down and pout on most of the sauce. Let the sauce pour down the core, shake it around so it infuses the center and then flip the cauliflower over and use a

brush or clean fingers to rub the leftover sauce, including any that seeped into the pan, all over the exterior for maximum flavor. Place cauliflower core-side down before baking and add a pinch of salt and spice blend to the exterior for extra flavor.

5. Place pan in oven and roast for 35-50 minutes, depending on size of cauliflower, or until a knife easily pierces the core and has the texture you prefer.

6. While cauliflower is roasting, bring 4 cups water to a boil, add 2 cups black rice or other whole grain, cover and turn pot to low simmer. Let cook gently for 35-45 minutes if black rice or appropriate time for other whole grains to cook. Grain is done when all the moisture has been absorbed.

7. To brown the exterior, increase heat to high broil and roast 2-3 more minutes, watching carefully as not to burn.

7. Remove from oven and serve on bed of whole grains. Drizzle with Chimichurri Sauce. Have a bowl of yogurt waiting on the table to cool the palate if needed.

Notes



The Guiana blend comes from Lior Lev Sercarz' *The Spice Companion*, a guide to 102 of his favorite, common spices that are essential in some part of the world. To him, spices include "the universe of fruits, grains, stems, flowers and roots" used in cooking. Anything in a dry form that can be ground and used to add flavor is a spice according to this Israeli chef now based in New York. Sercarz' book shares the recipes for his custom blends which can also be found online at <http://laboiteny.com>. I high recommend the book - for me it opened up my understanding of the history and culture, growing conditions, geopolitics and flavor combination offered by spices. It may be checked out from the Multnomah County Library.

I would call this blend fiery hot as composed by Sercarz. I have reduced the cayenne by 1/3 in my version and still find it distinctly hot. Notch it up or down as you like it.

Yogurt would work well instead of olive oil as a base for the spice blend if you prefer something creamy.

Source: Mary Scott, inspired by The Spice Companion, Lior Lev Sercarz and
minimalistbaker.com/the-best-whole-roasted-cauliflower-5-ingredients/ (4 servings)
