

WHOLE ROASTED CAULIFLOWER

INGREDIENTS:

- 1 whole cauliflower
- 1/2 cup+ olive oil
- 3 or so tablespoons of sea salt (or kosher salt)
- water

INSTRUCTION:

1. Preheat oven to 450°F with oven rack in center of oven. Trim stem of cauliflower, keeping leaves intact, so it will sit level on a sheet pan.
2. Bring 2-3 inches of water to a boil in a large pot over high heat. Stir in salt a fair amount of salt(1-2 tablespoons) until dissolved.
3. Steam Cauliflower for 10-12minutes.
4. Carefully lift the cauliflower from water and drain. Transfer to the sheet pan, stem side down.
5. Use a brush or spraybottle to cover cauliflower oil (and begin to saturate) with olive oil. Sprinkle with sea salt (or kosher salt) and bake in preheated oven until browned (the more browned the better as cauliflower will have carmelized outside and creamy inside), about 45 to 75 minutes, or longer.

MORROCAN CARROT SALAD

INGREDIENTS:

- 1 lb carrots, coarsely grated (about 4 cups)
- 1/4 cup vegetable oil or olive oil
- 3 or 4 tablespoons fresh lemon juice
- 3 cloves of garlic (mashed or minced)
- 1/2 teaspoon cumin
- 1/4 teaspoon cinnamon
- 1 teaspoon paprika
- pinch of salt
- 1/4 cup chopped cilantro (or parsley if preferred)
- 1/2 teaspoon of harrisa (can substitute fresh hot pepper or cayenne)

INSTRUCTION:

In a large bowl, mix together carrots and cilantro.

In a mixing cup, mix together all remaining ingredients.

Add the dressing to the vegetables and let marinated in the refrigerator for at least 2 hours, up to 2 days to allow the flavors to meld and permeate. Serve chilled or at room temperature.