

Roasted Cauliflower with Curry, Golden Raisins, and Cashews

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Ingredients

1 tablespoon butter
 ¼ cup of canola oil
 1 head of cauliflower, cut into florets
 1 onion thinly sliced
 1 tablespoon curry powder
 1 tablespoon mustard seeds
 1 teaspoon cumin
 1 teaspoon turmeric
 1 tablespoon apple cider vinegar
 1 tablespoon ginger, minced
 ¼ cup golden raisins
 ¼ cup cashews
 3 tablespoons cilantro, chopped
 salt and pepper

Preparation

Preheat oven to 450°F. In a large oven-proof skillet, melt the 1 tablespoon butter in 1 tablespoon of oil. Add the cauliflower florets, stems up, and season with salt and pepper. Cover the roasting pan with foil and bake in the oven for 30 minutes. Remove the foil for the last 10 minutes of cooking, or until cauliflower is caramelized. Meanwhile, in a large sauté pan, heat the remaining oil, add the onions, cover and cook over low heat, stirring occasionally, until very tender – about 20 minutes. Stir in curry powder, mustard seeds, ginger, raisins, and cashews and cook until fragrant. Add the apple cider vinegar, and season with salt and pepper. Combine the cauliflower with the onions, adjust seasoning and sprinkle with cilantro.

