

Recipes



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Cauliflower with Taheen Sauce from: "Classic Armenian Recipes: Cooking Without Meat" by Alice Antreassin

About 1 1/2 pounds cauliflower 1 1/2 cups water

1/2 teaspoon salt 3-4 thin lemon slices

Sauce:

1/4 cup water 1/3 cup taheen

2 cloves garlic, mashed 4 tablespoons lemon juice

1 tablespoon olive oil 1 teaspoon yogurt

1/2 teaspoon salt

Garnish:

hot pepper flakes

2 spring onions, finely chopped

3 tablespoons minced parsley

1. Remove any bruised leaves and bottom core from cauliflower, using care not to break it up. Hold cauliflower under a gentle spray of water, and rinse it a few times.

2. Bring water to the boil in a sauce pot large enough to hold whole cauliflower. Lower cauliflower into water, core side down. Sprinkle with the salt, layer lemon slices on top, cover and simmer gently 8 to 10 minutes, until cauliflower is still a little firm. Remove and place it on a round serving dish to cool thoroughly. Discard lemon.

3. To prepare the sauce, add water to taheen, stirring until well blended. Add remaining ingredients and mix.

4. Drizzle sauce over the cauliflower, sprinkle with red pepper, garnish, and serve.

Yield: 6 servings.