



Riverland Family Farms

2022 CSA, Week 3



- Cauliflower 1 or 2
- Rainbow Chard *bunch*
- Garlic 1 or 2
- Green Bell Pepper *each*
- Red Leaf Lettuce *head*

WHAT'S IN THE BOX?

- Parsley *bunch*
- Red Spring Onion *each*
- Red Cherry Tomatoes *pint*
- Blackberry *half pint*



Roasted Cauliflower in Turmeric Buttermilk

Serves 4

- ◊2 lbs cauliflower, broken into bite-size florets
- ◊1 tsp garam masala (store-bought or home made)
- ◊Fine sea salt
- ◊4 Tbsp grapeseed or other neutral oil
- ◊5 ¼ oz minced red onion
- ◊½ tsp ground turmeric
- ◊½ tsp red chili powder (optional)

- ◊¼ cup chickpea flour
- ◊2 cups fresh kefir or buttermilk
- ◊½ tsp cumin seeds
- ◊½ tsp black or brown mustard seeds
- ◊1 tsp red chili flakes
- ◊2 tbsp chopped cilantro or flat leaf parsley

- Preheat the oven to 400 F. Place the cauliflower in a roasting pan or baking dish. Sprinkle with the garam masala, season with salt, and toss to coat. Drizzle with 1 Tbsp of the oil and toss to coat evenly. Roast the cauliflower for 20 to 30 minutes, until golden brown and slightly charred. Stir the florets halfway through roasting.
- While the cauliflower is roasting, place a deep, medium saucepan or Dutch oven over medium- high heat. Add 1 Tbsp of the oil to the pan. Add the onions and sauté until they just start to turn translucent, 4 to 5 minutes. Add the turmeric and chili powder and cook for 30 seconds. Lower the heat to low and add the chickpea flour. Cook, stirring constantly, for 2 to 3 minutes. Lower the heat to gentle simmer and fold in the buttermilk, stirring constantly. Watch the liquid carefully as it cooks until it thickens slightly, 2 to 3 minutes. Fold the roasted cauliflower into the liquid and remove from the heat. Taste and add salt if necessary.
- Heat a small, dry saucepan over medium-high heat. Add the remaining 2 Tbsp of oil. Once the oil is hot, add the cumin and black mustard seeds and cook until they start to pop and the cumin starts to brown, 35-45 seconds. Remove from the heat and add chili flakes, swirling the oil in the pan until the oil turns red. Quickly pour the hot oil with the seeds over the cauliflower in the saucepan. Garnish with the chopped cilantro and serve warm with rice or naan.



Source: *The Flavor Equation*, Nik Sharma