

Roasted Cauliflower En Cocotte with Tomatoes

December 17th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 01:00

Canned diced tomatoes usually contain preservatives that prevent the tomatoes from breaking down into a nice sauce. Canned whole tomatoes, on the other hand, will break down better when simmered and provide a smother, thicker sauce. The caramelized sugars from the roasted tomatoes make this roasted cauliflower side-dish pair perfectly with Pork or with Chicken. Just make sure that you reserve some of the flavorful tomato sauce to use as a finishing sauce for the accompanying meat. To make this meal Keto compatible, leave out the Brown Sugar and the Raisins.

Ingredients:

- 2 (28-ounce) Cans Whole Peeled Tomatoes
- 2 Tablespoons Olive Oil, plus extra
- 6 Anchovy Fillets, rinsed and minced
- 6 Garlic Cloves, minced
- 1/4 Teaspoon Smoked Paprika
- 1/4 Teaspoon Red Pepper Flakes
- 1/4 Teaspoon Brown Sugar
- 1/4 Teaspoon Salt
- 1/4 Cup Golden Raisins
- 1/4 Cup Pitted Kalamata Olives, roughly chopped
- 3 Tablespoons Capers, rinsed
- 1 Head Cauliflower (about 2 pounds), cleaned and trimmed
- 1 Ounce Parmesan Cheese, grated
- 1/4 Cup Fresh Italian Parsley, minced

Directions:

Set the oven rack to middle position.

Preheat the oven to 450° Fahrenheit.

Use a blender or food processor to pulse the Tomatoes, and the accompanying juice, about 8 times.

Place a 6 quart Dutch Oven on the stove-top and heat over medium heat.

Add the Oil, Anchovies, Garlic, Paprika, and Pepper Flakes and stir until they become fragrant, about 2 minutes.

Reduce the heat to medium-low.

Add the Tomato puree, Brown Sugar, and Salt. Stir and bring to simmer for about 10 minutes. The mixture should begin to thicken slightly.

Stir in the Raisins, Olives, and Capers.

Add the Cauliflower, stem side up, into sauce and spoon some of sauce over top.

Lid and move the pot to oven.

Roast for 35 minutes.

The Cauliflower should be tender, but sticking a fork into the stem should still offer some resistance.

Carefully remove the Cauliflower from the pot and turn it over, stem side down. Again, spoon some sauce over Cauliflower, and scrape down the sides of pot.

Roast, uncovered, for another 15 minutes.

The Cauliflower should be tender when pierced with a fork.

Remove pot from the oven.

Remove the Cauliflower from the pot and cut it into wedges.

Spoon some of the sauce over the Cauliflower.

Sprinkle the Cauliflower with grated Parmesan Cheese, minced Parsley, and Olive Oil.

Serve the Sauce with BBQ Pork or Cheesy Tomato Chicken with Basmati Rice and the Cauliflower on the side.