

Tri-Colour Baked Cauliflowers

INGREDIENTS

Medium size cauliflowers 3

Dried Scallop-Abalone Sauce Cauliflower:

Garlic Salt, Avocado Oil 3 tbsp each

Sauce 1 tsp

Shrimp Roe 3 tbsp

Dried Scallop-Abalone Sauce 300 ml

Chicken Broth

Corn Starch 1 tbsp

(mixed with 2 tbsp water)

Green Sauce Cauliflower:

Garlic Salt 3 tbsp

Parsley Paste 2 tbsp

Avocado oil ½ cup

Spinach 100 gm

(Best to use prewashed packages)

Golden Cauliflower:

Garlic Salt 3 tbsp

Paprika 3 tbsp

Turmeric 1 tsp

Maple Syrup 3 tbsp

Avocado Oil ½ cup

Dipping Sauce (optional):

Mayonnaise, Sour Cream ½ cup each

Lemon Juice 2 tbsp (½ lemon)

Soaking Time 3 hours

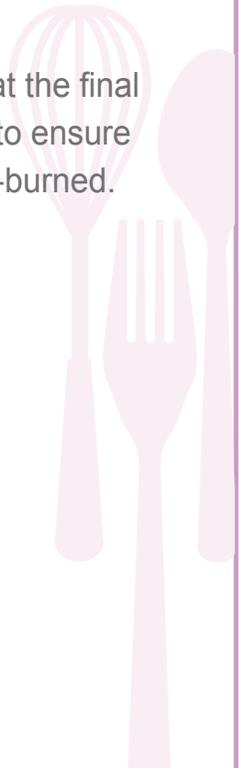
Prep. Time 15 – 20 minutes

Baking Time 40 – 45 minutes

Serves 12 – 18 people

* TIPS

Slightly turn the baking pan at the final 10 minutes. Watch carefully to ensure the cauliflowers are not over-burned.



STEPS

A. Baking

1. Rinse cauliflowers, soak them in water for 3 hours, drain. Rub 3 tbsp of garlic salt on each of the cauliflowers, set aside.
2. Dried Scallop-Abalone Sauce Cauliflower: rub the 1st cauliflower with avocado oil (3 tbsp each) evenly. Set aside.
3. **Green Sauce Cauliflower:**
 - 3.1. Boil spinach with medium heat. Drain and set aside.
 - 3.2. In a mixing bowl, blend the cooked and drained spinach, parsley paste and avocado oil till it becomes a smooth paste-like green sauce.
 - 3.3. Rub the green sauce all over the second cauliflower.
4. Golden Cauliflower: Mix all seasonings (paprika, turmeric, maple syrup, avocado oil), then apply it evenly all over the third cauliflower.
5. Preheat oven to 450°F.
6. Put the three seasoned cauliflowers in a baking pan. Wrap each one separately with foil.
7. Bake in oven for 30 minutes. Carefully pull out the pan and remove the foil. Turn the pan and bake for another 10 – 15 minutes until the cauliflowers are slightly golden.
8. Take out carefully. Done.

B. Dried scallops- abalone sauce

1. Heat a saucepan with medium heat. Add chicken broth and bring to boil.
2. Add the dried scallops-abalone sauce. Pour in corn starch mixed with water. Stir evenly.
3. Turn off heat. Add shrimp roe.
4. Slice the first cauliflower. Pour sauce over cauliflower or serve on the side.

C. Optional Dipping Sauce (for Green and Golden Cauliflowers)

1. Mix mayonnaise, sour cream and lemon juice evenly in a mixing bowl, then pour into a serving bowl.
2. Slice the 2nd and 3rd cauliflowers and serve with the sauce.