

Our  
**BEST**  
Red Velvet  
Cake!  
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Holiday Soups and Stews

# Cooking Light

DECEMBER 2014

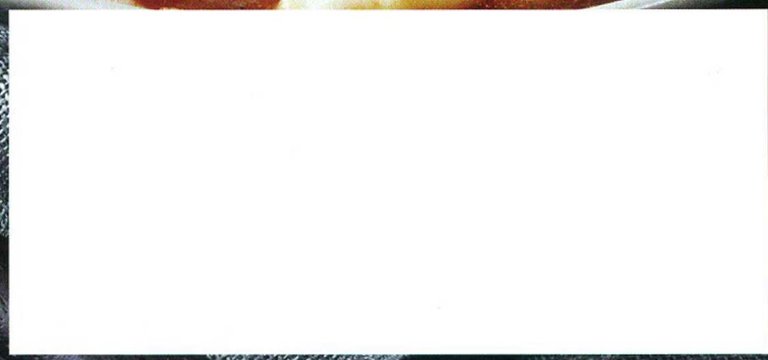
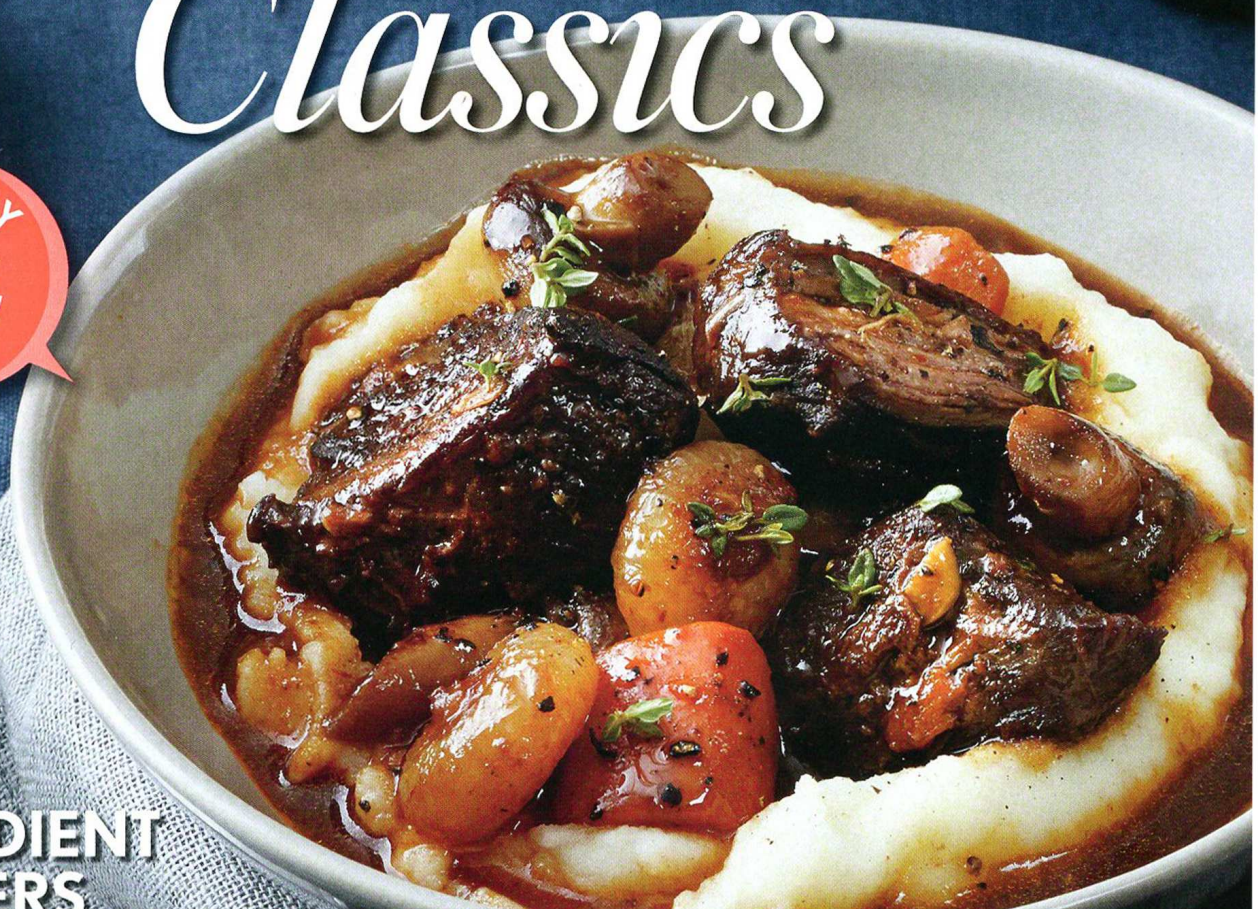
## Slow Cooker Classics

HEARTY  
BEEF  
STEW  
page 119

5-INGREDIENT  
APPETIZERS

WINES FOR  
ANY FEAST

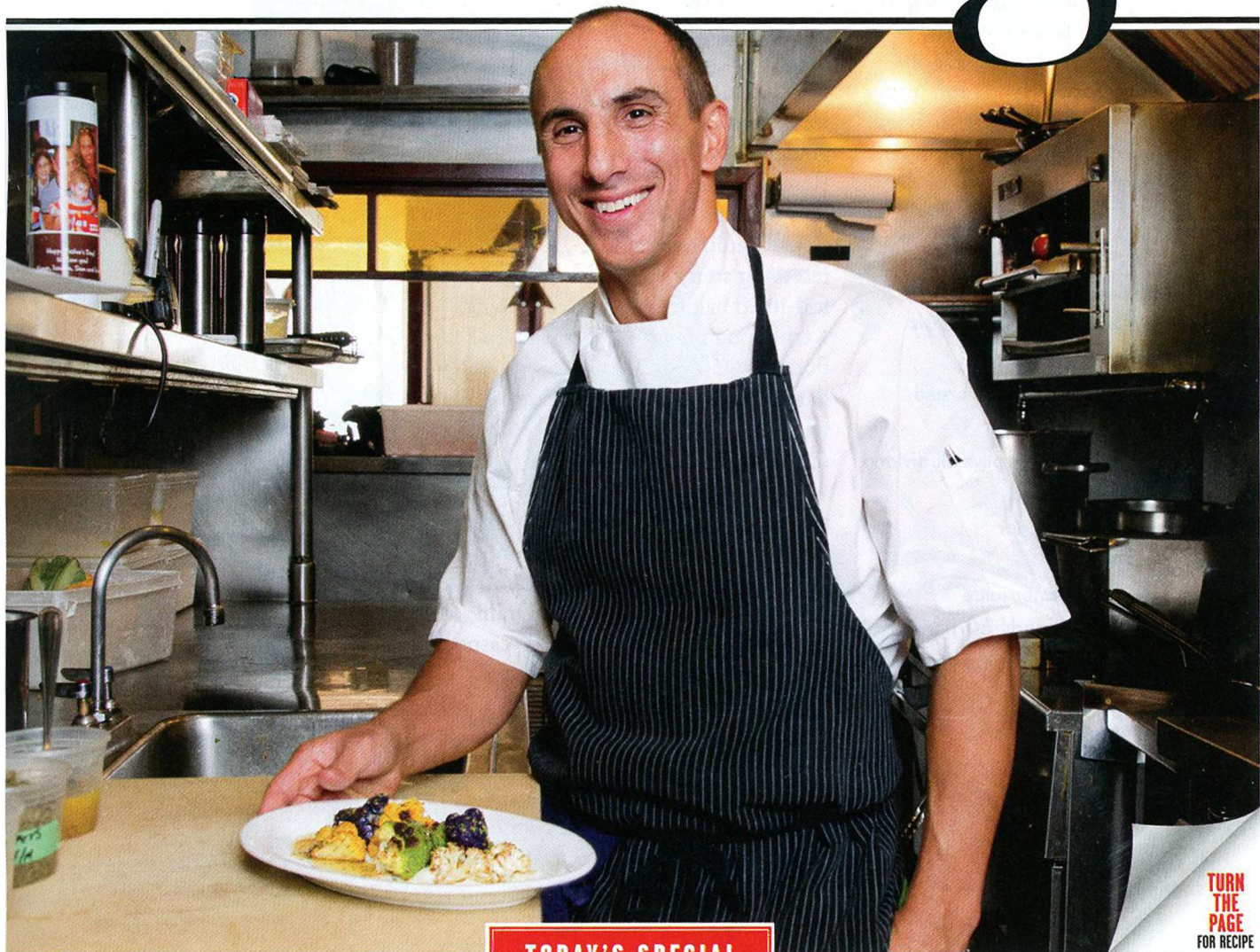
+ Festive Treats  
to Bake & Give





LET'S  
GET

# COOKING!



TODAY'S SPECIAL

TURN  
THE  
PAGE  
FOR RECIPE

## Roasted Cauliflower with Dijon Vinaigrette from Michael Leviton

One of Boston's best chefs shares his take on the trendy crucifer. BY TIM CEBULA

**D**ismissed for generations as bland, boiled, and boring, cauliflower has recently blossomed into the It Veggie at restaurants around the country. Michael Leviton, chef-owner of Lumière, one of the Boston area's most esteemed restaurants, recalls how enterprising chefs some years back started featuring cauliflower puree on their menus instead of mashed potatoes, introducing the public to its versatility. "Then after

that, roasted cauliflower became all the rage," he says.

Leviton's résumé includes time training under chef Daniel Boulud at Le Cirque, where the menu 25 years ago featured a roasted cauliflower *grenobloise* (with browned butter and capers), which inspired Leviton's roasted cauliflower dish here. "I love the idea of using one ingredient different ways in a dish to show its different personalities," he says.

Leviton roasts cauliflower florets to caramelize them and



## HOT BUZZ

Punch up everything from popcorn to pizza with chile-infused Hudson Valley honey. \$14, mixedmade.com



[ let's get cooking! ]



## IN SEASON

Rio Star grapefruit is a little sweeter than white or pink grapefruit, making it better balanced.

develop complex flavor. He also blends the meaty stems into a silky puree for textural contrast. A tangy Dijon vinaigrette brightens flavors, and briny capers complete the Grenoble homage. Try Leviton's original dish at Lumière in West Newton this month.

### ROASTED CAULIFLOWER WITH DIJON VINAIGRETTE

**Hands-on: 35 min. Total: 65 min.**

Two great cauliflower textures in one dish: caramelized florets and silky puree.

- 1 (1-ounce) slice sourdough bread
- 1 head cauliflower
- 7 teaspoons extra-virgin olive oil, divided
- ¼ teaspoon salt, divided
- ¼ teaspoon black pepper
- 2 cups water
- ⅛ teaspoon fresh lemon juice
- 3 tablespoons chopped fresh parsley
- 1 tablespoon minced fresh garlic
- 2 teaspoons grated lemon rind
- 2 teaspoons Dijon mustard
- 4 teaspoons rice vinegar
- 4 teaspoons canola oil
- Cooking spray
- 2 teaspoons capers, rinsed, drained, and chopped

1. Preheat oven to 350°.
2. Remove crust from bread. Tear bread into very small pieces. Place on a baking sheet, and bake at 350° for 13 minutes or until toasted and golden brown, stirring occasionally. Remove from oven. Increase the oven temperature to 450°.
3. Cut cauliflower into 2-inch florets, reserving stems. Place florets on a foil-lined baking sheet. Drizzle with 1 tablespoon olive oil; toss well. Bake florets at 450° for 25 minutes or until dark golden brown in spots and almost tender. Sprinkle florets with ⅛ teaspoon salt and pepper.
4. Combine reserved cauliflower stems and 2 cups water in a small saucepan over medium heat; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until very tender. Drain well. Place stems, remaining ⅛ teaspoon salt, and juice in a food processor; process until smooth.
5. Combine parsley, garlic, and rind in a small bowl. Combine mustard and vinegar in a small bowl. Gradually add remaining 4 teaspoons extra-virgin olive oil and canola oil to mustard mixture, stirring with a whisk.
6. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add cauliflower florets; sauté 1 minute or until thoroughly heated. Stir in capers and parsley mixture. Sprinkle with breadcrumbs. Place 2 tablespoons cauliflower puree on each of 6 plates. Top each serving with ¾ cup floret mixture; drizzle with 2 teaspoons vinaigrette.



6. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add cauliflower florets; sauté 1 minute or until thoroughly heated. Stir in capers and parsley mixture. Sprinkle with breadcrumbs. Place 2 tablespoons cauliflower puree on each of 6 plates. Top each serving with ¾ cup floret mixture; drizzle with 2 teaspoons vinaigrette.

**SERVES 6**

**CALORIES** 117; **FAT** 8.8g (sat 1.1g, mono 5.8g, poly 1.5g); **PROTEIN** 3g; **CARB** 9g; **FIBER** 2g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 222mg; **CALC** 31mg

## LOCAL FINDS

### Get Your Goat

Goat's milk is the key ingredient in the velvety caramel sauces made at Vermont's family-run Fat Toad Farm. A take on Mexican *cajeta*, they're like caramel without the cloying sweetness.

Instead, a tangy soupçon of goat's milk and a slight aftertaste of Vermont's green grasses linger on the tongue. Pairing the sauce with sweets is obvious, but try enlivening savory dishes, too: Mix with winter squash, use to glaze grilled salmon, or stir into green beans with slivered almonds. —KIMBERLEY LOVATO



Pick four flavors for a sampler pack. \$24, [fattoadfarm.com](http://fattoadfarm.com)