

Cleo Coyle's Twilight Cauliflower

20-Clove Roasted Garlic Cauliflower

**Possibly anti-cancer.
Definitely anti-vampire.**

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by Alice Alfonsi, who writes as Cleo Coyle
with her husband, Marc Cerasini*



Ingredients:

1 average head of cauliflower (*about 25 florets*)
20 whole cloves of garlic (*about 2 heads*)
4 tablespoons olive oil
½ teaspoon water
Salt to taste (*at the end of cooking*)

Total cooking times:

* Garlic roasting time: 30 to 35 minutes
* Cauliflower roasting time: about 1 hour

Method:

Step 1 – Roast the garlic: Preheat your oven to 350° F. In a small baking dish, place 20 whole garlic cloves (with skins removed). Add 4 tablespoons of olive oil and a splash of water (about ½ teaspoon). Cover the baking dish tightly with aluminum foil and bake about 30-35 minutes. Note: Garlic should be cooked soft enough to easily smash with a fork.

Step 2 – Make the garlic slurry: Oil will be bubbling hot when you remove the foil. Allow the dish to cool a bit then use a fork to mash the garlic into the warm oil, making a thick slurry.

Step 3 – Play with your food: When the slurry has cooled enough to handle, place clean, dry cauliflower florets into a large bowl. (Keep the number of florets to around 25 for the best flavor results.) Pour the slurry over the top of the cauliflower and use your hands to coat the slurry over all of the florets. Yes, you are now playing with your food—not unlike those nasty, human-eating vampires...*hmmm*.

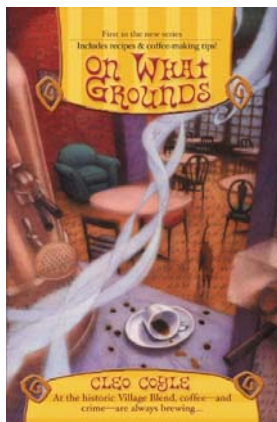


Step 4 – Prepare pan: Turn up the oven to 400° F. Prepare a large baking dish or roasting pan by coating the bottom and sides with olive oil or lining with aluminum foil. (During roasting, pieces of garlic will bake onto your pan or dish, and this step will help with the cleanup.) Now transfer the slurry-coated cauliflower into the pan and pour any remaining slurry over the top.

Step 5 – Cover: Using aluminum foil, tightly cover the baking dish or roasting pan. This will create steam within the dish, which will soften and relax this cruciferous vegetable as it cooks.



Step 6 – Roast it, baby!: Total cook time will be 1 hour. After 30 minutes, *remove* the foil. Stir the florets and continue roasting (uncovered) for another 30 to 35 minutes, until fork tender and nicely caramelized. Remove your freshly roasted Twilight Cauliflower from the oven. Salt to taste and eat with the joy of knowing...you no longer need to fear twilight! :-)



Eat with Joy!

To get more of my recipe or to find out more about the books in my **Coffeehouse Mystery** series, visit my official website:

www.CoffeehouseMystery.com

