THE NEW BOSTON COOKING SCHOOL

COURSE NAME	The Covered Pot: How Tough Becomes Tender
INSTRUCTOR	
DATE	
STUDENT NAME	

Braised Cauliflower

RECIPE SNAPSHOT

TOTAL TIME	**25 minutes**
PREPARATION TIME	**5 minutes**
ACTIVE COOKING TIME	**20 minutes**
YIELD	**4 servings**
MAKE AHEAD	**Serve immediately**
DIFFICULTY	**Intermediate**

NOTES

NOTES FOR THE HOME COOK

To make cooking easier, read through the recipe so you know the plan and can gather all of your ingredients before you start cooking. As you prep your ingredients, line them up in the order you will need them. Serve with roast chicken and a green salad.

INGREDIENTS

- **1 head cauliflower (about 2 pounds)**
- **2 garlic cloves**
- **4 tablespoons olive oil**
- **Pinch red pepper flakes**
- **1 bunch fresh parsley**
- **Salt**
- **Pepper**
- **¾ cup chicken or vegetable broth**
- **1 tablespoon unsalted butter, chilled**
- **1 teaspoon lemon juice**

EQUIPMENT

- **Cutting board**
- **Chef's knife**
- **1 large mixing bowl**
- **Small bowl**
- **12-inch skillet**
- **Wooden spoon**
- **Liquid measuring cup**
- **Measuring spoons**
- **Serving platter**

INSTRUCTIONS

PREP INGREDIENTS

- Core cauliflower and cut into 1-inch florets. (You should have 6 to 8 cups.) Place in large bowl and set aside.
- Peel and mince garlic to yield 2 teaspoons and transfer to small bowl. Stir in 1 tablespoon oil and pepper flakes.
- Mince enough parsley to yield 2 tablespoons. Set aside.

BUILD FLAVOR

- Heat 3 tablespoons oil in skillet over medium-high heat until shimmering. Add cauliflower and ¼ teaspoon salt and cook, stirring occasionally, until florets are golden brown, 6 to 8 minutes.
- Push cauliflower to sides of skillet and add garlic mixture to center of skillet. Cook, mashing mixture into bottom of pan, until fragrant, about 30 seconds. Stir garlic mixture into cauliflower. (Skillet will be full.)

BRAISE

- Stir in broth and bring to simmer, adjusting heat as necessary to maintain simmer. Cover and cook until cauliflower is tender-crisp, 5 to 6 minutes. Remove from heat and stir in butter, lemon juice, and reserved parsley. Season with salt and pepper to taste. Serve.