

Braised Cauliflower with Curry and Yogurt

Epicurious | April 2001

by Jack Bishop
Vegetables Every Day

Sautéing the cauliflower before braising intensifies its naturally mild, sweet flavor. Yogurt is the braising medium here. It mellows the flavors of the curry and makes the cauliflower especially rich-tasting.

Yield: Serves 4 as a side dish

ingredients

1 1/2 tablespoons extra-virgin olive oil
1 medium head cauliflower (about 2 pounds), trimmed, cored, and cut into florets
1 medium onion, halved and sliced thin
1 teaspoon curry powder
1/4 cup plain yogurt mixed with 1/4 cup water

2 tablespoons minced fresh cilantro leaves

Salt

Freshly ground black pepper

preparation

1. Heat the oil in a large skillet or sauté pan set over medium heat. Add the cauliflower and onion and cook, stirring occasionally, until the florets are lightly browned, about 7 minutes. Stir in the curry powder and continue cooking until fragrant, about 1 minute.
2. Add the thinned yogurt, cover the pan, and reduce the heat to medium-low. Simmer until the florets are tender but still hold their shape, about 6 minutes. Stir in the cilantro and season with salt and pepper to taste. If necessary, simmer, uncovered, to evaporate any remaining liquid in the pan. Serve immediately.

Read More <http://www.epicurious.com/recipes/food/printerfriendly/Braised-Cauliflower-with-Curry-and-Yogurt-105094#ixzz1YDkhpsTf>