



# Cauliflower

Recipe by V-ZUG Ltd.



|              |                                |
|--------------|--------------------------------|
| Preparation  | 25 Mins                        |
| Cooking time | 40 Mins                        |
| Portions     | 4                              |
| Appliance    | CombairSteamer V2000 from 2021 |

roasted whole with muhammara

## Vegetables

2 cauliflowers (each about 600 g)  
2 red peppers

## Muhammara

1 clove of garlic  
75 g walnut kernels  
3 tbsp olive oil  
1½ tsp harissa  
1 knife tip of cumin powder  
Some salt  
Some lemon juice

## Serving

2 tbsp pomegranate seeds

## Vegetables

Preheat the cooking space to 220 °C using the hot air mode.  
Wash the cauliflower and remove the green leaves. Place the heads on a baking tray lined with baking paper.





Wash, quarter and deseed the red peppers. Place on the baking tray, cut-side down, next to the cauliflower.

Roast in the middle shelf position for 20 minutes.

Take the peppers out of the cooking space.

Switch on the steam, reduce the heat to 170 °C and roast the cauliflower for a further 20 minutes.

## Muhammara

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Carefully peel the skins off the red peppers. Finely purée the peppers together with the other ingredients up to and including the cumin. Season with salt and lemon juice to taste.

## Serving

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Arrange the cauliflower on a platter. Spread the muhammara over the cauliflower and sprinkle pomegranate seeds over the top.

## Cooking steps

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**(Pre-)heat cooking space to 230 °C with Hot air**

**Preheating finished. Put the food in.**

**Hot air 230 °C for 20 Mins**

**Action**

**Hot air + steaming 170 °C for 20 Mins**

## Accessories

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Baking tray

Hand blender

## Additional information

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