



Pudding Pie

Cookery School

Cookery parties and courses to suit all ages

01295 713705 - Cook@puddingpie.co.uk - www.puddingpie.co.uk

Cauliflower Couscous With Cauliflower Curry & Beetroot Raita

Cauliflower couscous

1 head of cauliflower
½ cucumber
Leaves from 1 sprig of mint
2-3 spring onions, sliced
1 tsp Ras el hanout
1/2 tsp salt

- Break the cauliflower into florets, then shave off the white crumbly tops.
- Reserve the greenish stalks and blitz the shaved white crumbly flesh in a food processor until it resembles couscous.

Caramelised Cauliflower and chick pea curry

Shaved stalks from one cauliflower
1 tin chickpeas
250ml veg stock
2 tbsp mild curry powder or 1 tbsp harissa
Shredded leaves from the cauliflower or beetroot/spinach leaves
2 tomatoes, chopped

- Fry the stalks of the cauliflower side in a little oil and salt, until they turn brown - you will smell the caramelisation, which is totally different to the smell of boiled cauliflower!
- When the cauliflower is brown add 2 tbsp curry powder or harissa along with the shredded greens and barely enough stock to cover them and allow to simmer for about 5 minutes without a lid the water evaporates and you end up with a thicker curry sauce.
- Add the chick peas and the tomatoes at the last moment, to heat through.



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Beetroot Raita

4-5 small beetroot, finely chopped into tiny cubes

4-5 tbsp sour cream or crème fraîche

2 tbsp finely chopped spring onions

1 tbsp finely chopped mint

¼ finely chopped cucumber into tiny cubes

- Add the spring onions, cucumber and mint to the beetroot then add the sour cream and mix casually to achieve a marbled effect.
- Add a couple of heaped tablespoons of the cauliflower couscous, then the curry then a dollop raita on the side.