

Lebanese cauliflower and rice

Season: Winter

Serves: 8 or 20 tastes

Fresh from the garden: bay leaves, parsley, broccoli

Equipment: chopping board kitchen knife clean tea towel wooden spoon pot with a lid scales measuring cups measuring spoons measuring jug	Ingredients: For stock ¼ onion 2 stems parsley 2 bay leaves 1 litre water For rice base 1 onion 1 tablespoon olive oil 2 bay leaves 2 teaspoon Lebanese seven spice (baharat) 1 teaspoon salt 40g butter 1¼ cups long grain rice 2 cups stock
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What to do:

For stock

1. Place **water** in a pot and add the **onion, parsley, and bay leaves**. Then place on a medium-high heat and bring to a boil.
2. Reduce heat slightly to simmer/low boil and cook for around 10 minutes.
3. Strain the liquid into a large bowl.

For rice

1. Dice the **onion** into a relatively small dice.
2. Warm the **oil** in a pot over a medium heat (7) then add the **onion**. Cook for a few minutes to soften the onion.
3. Once the onion is translucent but not browning, add the **Lebanese seven spice** and **salt** and stir to mix through.
4. Add the **rice** and **butter** and mix both so that the butter melts and the rice becomes well coated.
5. Add the **stock to the rice mixture**, cover and bring to a simmer. Reduce the heat so that the liquid simmers rather than boils and leave to cook, covered, until all the liquid has been absorbed.
6. Serve the **rice mixture** topped with the **cauliflower** and then some of each of the **toasted seeds**.
7. You can place all on one platter to serve. Great served with salad on the side.

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What to do:

For the cauliflower

1. Cut or break cauliflower and broccoli into small florets.
2. Put in bowl with spice, salt and oil and coat well.
3. Place on baking tray.
4. Put in hot 200°C oven for 15 minutes
5. Set aside to assemble dish.

For seed topping

1. Warm the oil in a small frying pan over a medium heat and add the seeds, **one kind at a time** (since they can take different times to cook). Keep a close eye on them as they cook and turn occasionally so that they cook on each side. The seeds can take around 1 - 4 minutes depending on the kind and size.
2. Once the seeds are **brown but not burnt**, remove from the pan, draining excess oil, then transfer to kitchen paper to remove any more oil.
3. Add the next kind of seed to the oil and repeat until all are toasted. If you don't seem to have enough oil as you add the second or third kind of seed, add a little more.