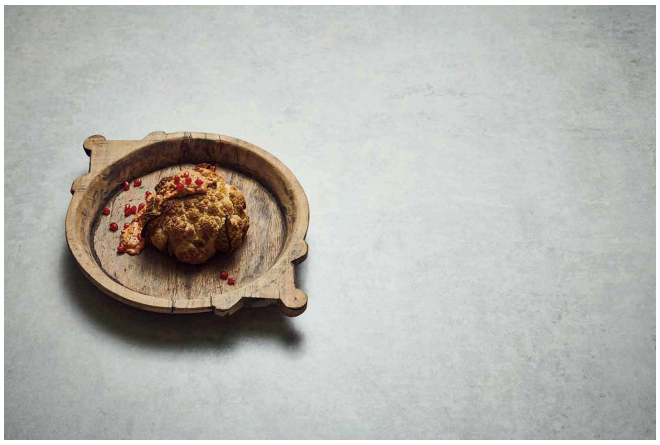
Cauliflower

מתכון מאת V-ZUG Ltd.



roasted whole with muhammara

Preparation	25 Mins
Cooking time	40 Mins
מנות	4
התקן	CombairSteamer V2000 from 2021

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

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

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

Cooking steps

(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

אביזרים

Baking tray

Hand blender

מידע נוסף

הופק ביום	08.08.2025