

CURRIED CAULIFLOWER GRATIN

Not just a side dish!

SHOPPING LIST:

1 head of cauliflower
1 onion
1 cup half and half
3 Tablespoons rolled oat flour (you can grind your flour from rolled oats in a coffee grinder or blender)
2 Tablespoons olive oil or ghee

TERRA SPICE INGREDIENTS:

4 teaspoons (8 grams) [curry blend, French, ground \(vadouvan\)](#)
1 Tablespoon (8 grams) [mirepoix classic, roasted](#)
To Taste [Brittany Natural Sea Salt, gray sun dried crystals, stone ground fine](#)

PROCEDURES:

Preheat oven to 350 degrees Fahrenheit.

In a large pot, bring 2 quarts of water and 2 Tablespoons Brittany gray sea salt to a boil.



Mince the onion finely and sweat on low heat with 2 Tablespoons of oil or ghee (20 minutes).



Cut the cauliflower into florets.



Drop the cauliflower florets in the boiling water and bring the water back to a boil. Once the water has come back to a boil, the cauliflower is blanched enough for this dish. Put the florets in a colander to release the steam. Do not shock in cold water.



The onions have completely sweated once they are tender, have a sweet taste, and a soft texture. Add the curry and mirepoix classic roasted, let this mixture bloom in the hot pan off the heat for a few minutes.



Add the rolled out flour and the cauliflower to the pot.



Add the half and half or substitute vegan options such as cashew or almond milk, and bring to a boil, making sure to stir during the process to avoid burning.

Once the mixture has thickened, taste for salt and adjust as needed. Place into a baking dish and bake at 350 degrees Fahrenheit until lightly brown on the top.



Serve as the main dish or an accompaniment to an entrée.