

# Roasted Cauliflower with Fennel and Dry Chile Rub



1 medium head cauliflower (about 1  $\frac{1}{4}$  to 1  $\frac{1}{2}$  pounds)

1/4 cup vegetable oil

1/2 tablespoon coriander seeds, crushed

1/4 teaspoon table salt

FENNEL DRY CHILE RUB:

2 tablespoons fennel seeds

2 whole dried red chiles, or 2 tsp dried chile flakes

1/4 teaspoon ground black pepper

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

**Servings: 3**

*You may not use all of the chile rub - in fact, the recipe suggests you use about 1 1/2 tablespoons for one whole cauliflower.*

1. Preheat the oven to 400°F. Cut the cauliflower into 1-inch florets and place in a large bowl. Drizzle with the oil and toss with your hands to coat each floret.
  2. In a small bowl combine the dry rub, coriander, and salt. Add the spice mixture to the cauliflower. Once again, no tool is better than your hands. Get in there and make sure all the florets are well coated.
  3. Place the cauliflower on a baking sheet and spread out evenly in a single layer. Don't worry if it is a little crowded. If you really cannot fit it on one sheet, use two.
  4. Bake for about 15 minutes. Stir and bake for another 15 minutes or until the cauliflower is well browned and cooked through. Serve hot.
- DRY RUB: (1) Heat a small skillet over medium heat. Add the fennel seeds, toss until the seeds are fragrant (about one minute). Do watch carefully - once they begin to smoke, they're nearly done and will burn easily. (2) Add the chiles and toss for another 5 seconds. Remove from heat and allow to cool. (3) Grind to a coarse powder in a spice grinder. Add pepper corns and mix well. Store, covered, until needed.

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Per Serving (excluding unknown items): 185 Calories; 19g Fat (88.2% calories from fat); 1g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 208mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 4 Fat.