



bit spicy

Coliflor Capeada

Coliflor Capeada is such a delicious meal and possibly the best way to eat cauliflower! If your cauliflower is very compact you may be able to wedge a thick piece of cheese into it before battering. If not, we suggest scattering little cubes of cheese amongst the florets before pouring on the sauce and baking. If you are serving enchiladas simply keep back some of the sauce for this fabulous vegetarian main course or side dish. **serves 4 as a main meal**

- 1 medium cauliflower, cut into wedges (if compact) or florets (if looser)
 - 250g cheese (edam or cheddar or a mix)
 - 2 eggs, separated
 - 2 tbsp plain flour
 - 2 fresh jalapeno chillies (or other mild green chilli), finely chopped
 - For the sauce: 1 medium onion, quartered; 4 cloves garlic, peeled; 1 tin whole tomatoes; handful chopped coriander
1. First make the sauce by placing the onion, garlic and tomatoes in a pan and bringing to the boil. Simmer until everything is soft, then blend till smooth. Add salt and pepper to taste and stir in most of the coriander. Keep warm.
 2. Steam the cauliflower until almost cooked but still with a bite.
 3. Whisk the egg whites until stiff, then beat the egg yolks until pale and creamy. Fold into the whites to make a light batter, then gently add the chillies.
 4. Heat a large pan with about 2cm oil.
 5. If the cauliflower pieces are firm enough, make a generous cut in each piece and shove a wedge of cheese inside. Dip in the flour then the egg, then add to the oil, several pieces at a time. Turn to brown on all sides, then remove and drain on kitchen paper.
 6. Place the cauliflower in a gratin dish. If you have not previously wedged cheese in the pieces, scatter small cubes in the dish before pouring over some of the tomato sauce.
 7. Grate the leftover cheese, or more if required, over the top, and cook in a medium oven for about 25 minutes.
 8. Serve scattered with the remaining coriander and with extra sauce on the side.