

STEAMED CAULIFLOWER, BROCCOLINI AND HAZELNUTS, CONFIT GARLIC AND ROASTED ONION OIL

EQUIPMENT

MIXING BOWL, CHEF KNIFE, MORTAR AND PESTLE, SMALL SAUCEPAN,
SOLID AND PERFORATED BAKING TRAY, PAPER TOWEL, FOIL

INGREDIENTS

1 BUNCH BROCCOLINI TIPS, ¼ CAULIFLOWER, 5-6 CLOVES GARLIC,
60-80GM HAZELNUTS, SALT, ROASTED ONION EXTRA VIRGIN OLIVE OIL, 2 SPRIGS SAGE, 3-4 SPRIGS THYME

METHOD

PRE-HEAT THE OVEN TO 180 DEGREES COMBI MODE. PLACE THE HAZELNUTS ON THE SOLID TRAY AND INTO THE OVEN FOR 6-8 MINS

PEEL THE GARLIC AND PLACE THE POT AND POUR OVER OIL SO THAT IT COVERS THE CLOVES, WRAP THE POT TIGHTLY IN FOIL AND SET ASIDE

CUT AWAY THE BROCCOLINI TIPS AND FLORETS OF THE CAULIFLOWER AND PLACE ON A STEAM STRAY AND SET ASIDE ALSO

ONCE THE HAZELNUTS ARE ROASTED REMOVE FROM THE OVEN AND CHANGE THE OVEN SETTING TO STEAM 90 DEGREES AND PLACE THE POT OF GARLIC IN FOR 50MINS

RUB THE HAZELNUTS BETWEEN SHEETS OF PAPER TOWEL TO REMOVE THE SKIN AND PLACE INTO A MORTAR AND PESTLE SLIGHTLY CRUSH THE HAZELNUTS AND PLACE INTO A LARGE MIXING BOWL

ONCE THE GARLIC IS DONE REMOVE FROM THE OVEN AND SET ASIDE. PLACE THE VEGETABLES IN THE OVEN AND COOK ON STEAM SETTING 100 DEGREES FOR 7 MINS

SPOON OUT 3-4 CLOVES OF GARLIC AND ADD TO THE HAZELNUTS AND SLIGHTLY CRUSH THEM WITH THE SPOON, POUR OVER SOME OIL AND MIX WELL

ONCE THE VEGETABLES HAVE STEAMED REMOVE AND MIX THROUGH THE HAZELNUT MIX, SEASON WELL AND SERVE IN A LARGE BOWL

HINTS & TIPS

- CONFIT GARLIC CAN BE DONE AHEAD OF TIME AND WILL KEEP IN THE FRIDGE FOR 2 WEEKS IF SUBMERGED IN OIL

- TRY INFUSING OIL WITH OTHER FLAVOURS LIKE NUTS OR GINGER, KEEP THE TEMPERATURE LOW AND EVEN TO ENSURE THE OIL DOES NOT GET TOO HOT AND SCALD THE INGREDIENTS YOU'RE USING TO INFUSE