

# Curried Roast Cauliflower

## *Dum Phool Gobi*

*The ordinary cauliflower is transformed in this delicious combination of herbs, spices, and tomatoes. Baked slowly in a smooth sauce, it's an ideal side dish with roasted chicken or fish, or as part of a vegetarian meal.*

1. Make a spice paste by puréeing onions, turmeric, paprika or chili powder, gingerroot, garlic, curry powder, or *garam masala* and the water in a food processor or blender.
2. Cook cauliflower in boiling water for 5 minutes and drain.
3. Preheat oven to 375°F. In a large pot, heat the oil over moderate heat. Add cinnamon, cloves, cardamom, and remaining onion and sauté until golden brown, stirring often, about 5 minutes. Add spice paste, stir, and cook for 2 to 3 minutes. Add tomatoes, peas, and salt and cook another 3 to 4 minutes. Add yogurt or sour cream and mix well.
4. Place partially cooked cauliflower in an ovenproof serving dish. Carefully spread sauce on top and in between cauliflower florets. Cover with foil and bake for 25 to 30 minutes. Garnish with coriander.

*\*Available at Indian food markets.*

*\*\*Garam masala, a blend of ground coriander, cumin, ginger, black pepper, cinnamon, pimiento, cardamom, bay leaves, and nutmeg, is available at Indian food markets.*

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 servings: 4 to 6
 

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- 2 onions, peeled and finely chopped
- 1 teaspoon ground turmeric
- 1 teaspoon hot paprika or chili powder
- 1-inch piece gingerroot, peeled
- 3 to 4 cloves garlic
- 1½ teaspoons Indian curry powder, such as Madras, or *garam masala*\*\*
- 2 tablespoons water, if necessary
- 1 medium cauliflower (about 1¼ pounds), rinsed, lower stems and leaves removed, cut into florets
- 2 tablespoons vegetable oil
- 2-inch piece cinnamon stick
- 4 whole cloves
- 4 cardamom pods\* (optional)
- 1½ pounds tomatoes, chopped
- 1 cup raw peas
- 1 teaspoon salt, or to taste
- ½ cup plain yogurt or light sour cream
- 2 tablespoons chopped fresh coriander, for garnish