

Revised 3/10/18: added vegan options

Source: <http://libraloves.blogspot.com/2018/02/better-than-takeout-roasted-cauliflower.html>

Cauliflower Tikka Masala

Servings: 4

Total Time: 1 hour

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Source:

For Cauliflower:

½ head of cauliflower, cut into florets

1 teaspoon ginger garlic paste*

¼ teaspoon garam masala spice mix

¼ teaspoon Kashmiri chili powder

1 teaspoon Kasuri methi (dried fenugreek leaves), crumbled

¼ cup plain yogurt (or vegan yogurt: cashew works great!)

1 teaspoon fresh lemon juice

salt, to taste

For Sauce:

1 tablespoon vegetable oil

½ teaspoon cumin seeds (jeera)

1 medium onion, diced

1 tablespoon ginger garlic paste*

1 large plum tomato, diced

1 tablespoon tomato paste

1 bay leaf (the Indian version: tej patta or malabar) optional

½ teaspoon Kashmiri chili powder, more to taste if desired

salt to

1 teaspoon coriander powder

¼ teaspoon turmeric powder

¼ teaspoon garam masala

2 tablespoons heavy cream (or plain vegan yogurt, preferably cashew)

1 tablespoon fresh cilantro (coriander), chopped

¾ - 1 cup water

1 tsp Kasuri methi (dried fenugreek leaves), crumbled

salt to taste



**For ginger garlic paste: buy ready-made or make a big batch. If you don't have a mortar and pestle to grind, use a chopper or food processor to grind equal amounts of garlic cloves and peeled, sliced ginger. Add a little vegetable oil and kosher salt so that the mix gets finely ground like paste. In a pinch, finely chopped garlic and ginger will do, but a more smooth paste is ideal.*

1. Heat oven to 425F / 220C. Combine the marinade ingredients and toss with the cauliflower. Spread on a lightly oiled sheet pan and roast for 20 minutes or until brown, turning once or twice. Remove when tender and set aside.
2. For the sauce, heat oil in a deep saucepan over medium to medium-high heat. Add the cumin seeds. When lightly toasted, fragrant and crackling, add the onions. Cook until translucent and browning, stirring frequently, about 5 minutes.
3. Add ginger garlic paste and cook 2 minutes, then add the tomatoes. Cook well, until the tomatoes break down , about 3-5 minutes.
4. In a food processor, add the contents of the saucepan and the tomato paste and grind until smooth. Add back to the pan.
5. Over low heat, add the bay leaf, chili powder, coriander, turmeric, and garam masala. Cook for 5 minutes and mix in ½ cup water. Raise heat and bring to a boil.
6. Add the cooked cauliflower, dried methi, and more water if needed. Cover and cook a few minutes, before adding cream (or vegan yogurt). Season with salt to taste.
7. Sprinkle with chopped cilantro and serve with naan or rice.