
THE
CrossFit*kitchen*



BRAISED CAULIFLOWER

overview

Resist the urge to stir this dish too often during preparation. Time your stirring right for the amazing flavor of crispy browned cauliflower.

blocks per cup

1 carbohydrate block

ingredients

- 1 head cauliflower, cut into florets
- 1 tbsp. ghee
- 1 tbsp. garlic, minced
- 1 tbsp. dried rosemary
- 1 cup tomato juice
- Salt and pepper to taste
- Red pepper flakes to taste (optional)

directions

1. Melt ghee in a large skillet over high heat.
2. When ghee is completely melted, add the cauliflower florets, garlic, red pepper flakes and rosemary but do not stir.
3. Leave the florets alone to cook for 2 minutes until they start to brown and crisp, then stir so the garlic and rosemary touch the bottom of the pan. Turn heat to medium-high and monitor so the garlic doesn't burn. Do not over-stir! The crispy brownness of the cauliflower adds to the amazing flavor of this dish.
4. Once all sides are browned and the cauliflower begins to soften, add the tomato juice and scrape a wooden spoon across the bottom of the pan so all the bits are released.
5. Reduce heat to medium-low, cover pan and braise for 2 to 3 more minutes until cauliflower is cooked through but not mushy.