

# Cauliflower fritter

SERVES 6

## Roasted cauliflower

1.5 kg cauliflower

Extra virgin olive oil

- Preheat the oven to 180 °C. Cut the cauliflower into small pieces, coat with extra virgin olive oil, and roast for 10 minutes until cooked but not soft.

## 'Dried bean egg'

75 g dried beans

Water

Salt

- Rehydrate the dried beans by soaking them in water for 24 hours.
- Once rehydrated, weigh them and add water until the total weight reaches 200 g. Blend in a food processor until smooth.

## Cauliflower mayonnaise

100 g roasted cauliflower

50 g extra virgin olive oil

Salt

Pepper

- Blend the roasted cauliflower until creamy, gradually add the olive oil, and season with salt and pepper.

## Cauliflower and bean fritters

For every 1 kg of roasted cauliflower:

100 g rice flour

150 g 'dried bean egg'

50 g oil

40 g chopped parsley

2 cloves of garlic, sliced

5 g psyllium

Salt

Pepper

- Sauté the garlic in oil.
- When the cauliflower is warm, blend it in a food processor at medium speed to obtain a coarse texture.
- Add the oil with the garlic, chopped parsley, 'dried bean egg', and finally, the rice flour. Mix well and place the batter in a piping bag.

## Garnish

A piece of raw sliced cauliflower or lacto-fermented cauliflower

Sorrel leaves or other acidic or spicy leaves

- Preheat the oven to 180 °C.
- On a tray or semi-spherical mould, form the fritter balls and bake for 12 minutes. Plate the fritters with cauliflower sauce on a piece of leaf, and add thin slices of cauliflower or a piece of lacto-fermented cauliflower on top of each fritter.

## TIPS

- You can also fry the fritter batter by immersing it in oil at 160 °C if you prefer.
- If you don't have dried beans, you can substitute the 'dried bean egg' with eggs.

