



Chef : Adrien Zedda

Multi-coloured cauliflower tabbouleh, ginger jelly, fried cauliflower, soy vinaigrette

Ingrediënts for 10 people:

For the meringue:

- For the tabbouleh:
- ½ white cauliflower
- ½ purple cauliflower
- ½ orange cauliflower
- ½ green cauliflower

For the ginger gel:

- 300g water
- 20g sugar
- 15g apple cider vinegar 4g ginger purée
- 5g agar agar
- pinch salt

For fried cauliflower:

- ½ white cauliflower
- oil for deep frying

For the soy vinaigrette: 75g sesame oil

- 125g grapeseed oil
- 30g mirin
- 50g salted soy sauce
- 1 lime
- ½ clove garlic
- 1 spring onion
- 1 bunch coriander

Preparation:

For the meringue:

For the tabbouleh:

Using a medium grater, grate the 4 cauliflower halves into a salad bowl. If you do not have a grater, you can use a peeler to make very fine shavings and then chop them.

For the ginger gel:

Place all ingredients except the agar agar in a saucepan and bring to the boil. Then add the agar agar and whisk for 1 minute on high heat. Transfer to a bowl and leave to cool for 2 hours. Once the jelly has set, mix in a blender and strain through a sieve until smooth.

For fried cauliflower:

Slice white cauliflower into florets and deep fry at 140°C for 2 to 3 min. Remove and drain before they change colour. Then return the cauliflower to the oil, this time at 180°C until crisp and golden brown. Remove, drain and season.

For the ginger vinaigrette:

In a small mixing bowl, add the sesame oil, grapeseed oil, mirin, soy sauce, zest, lime juice and half a clove of grated garlic. Whisk together and finish by adding thinly sliced spring onion and chopped coriander.

Finishing and dressing:

In a separate mixing bowl, combine the cauliflower tabbouleh with the soy vinaigrette and toss. Arrange the tabbouleh in bowls, adding fried cauliflower florets, dabs of ginger jelly, a little extra soy vinaigrette and a few flowers and greens (e.g. watercress) to garnish.