



Fried CAULILINI® baby cauliflower with Hummus and Zhoug

Servings

6

Calories

670

Prep Time

45 minutes

Total Time

1 hr plus overnight
soaking

Skill Level

Easy

Ingredients

For the Hummus

- 1 ¼ cups dried chickpeas
- 1 teaspoon baking soda
- 7 cups water
- 1 cup tahini
- Juice of 1 lemon
- 4 cloves garlic, crushed
- 1 ½ teaspoons salt
- 6 tablespoons ice water



For the Zhoug

- ½ bunch cilantro, including leaves and stems
- ½ bunch Italian parsley, including leaves and stems
- 3 Serrano chilies
- 1 clove garlic
- ½ teaspoon ground cumin
- ½ teaspoon ground cardamom
- ¼ teaspoon ground cloves
- 1 teaspoon salt
- 2 tablespoons water
- 2 tablespoons extra virgin olive oil

For the CAULILINI® baby cauliflower

- 2 quarts vegetable oil
- ½ pound CAULILINI® baby cauliflower



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- ½ bunch Italian parsley
- ¼ cup pine nuts, toasted
- 4 radishes, trimmed and sliced thinly
- ¼ cup pomegranate arils

The Method

For the Hummus:

Soak the chickpeas in water overnight. Drain, then combine them with the water and baking soda and bring them to a boil in a medium saucepan. Cook for 30 minutes or more, skimming any foam and skins from the surface. When done, they should be very tender, breaking up easily when pressed between your thumb and finger.

Drain the chickpeas, and place them in a food processor and process until a stiff paste forms. With the machine still running, add the tahini, lemon juice, garlic, and salt. Drizzle in the ice water and allow it to mix for about five minutes, until very smooth and creamy.

For the Zhoug:

Combine all ingredients in a food processor. Process to a coarse puree, and set aside.

For the CAULILINI® baby cauliflower:

In a stock pot, heat the oil to 350°F. Trim the CAULILINI® baby cauliflower into 2-inch florets. Deep fry in small batches until the white of the florets just begins to brown and crisp. Remove to a paper towel to drain.

Next, fry the parsley leaves until crisp. Remove to a paper towel to drain.

To plate:

Spoon the hummus in a “C” shape onto half the plate. Top with the fried CAULILINI® baby cauliflower, dot the plate with zhoug, and garnish with the fried parsley leaves, pine nuts, pomegranate arils and radish slices. Drizzle the plate with the olive oil and serve.

By Chef Tucker Bunch, Sweet Earth Foods | Member, Mann’s Chef Panel

Nutrition Facts

Serving Size: 612g | Servings: 8

Amount Per Serving

Calories 670 | Total Fat 55g (sat 6g trans 0g) | Cholesterol 0mg | Sodium 1330mg | Total Carbohydrate 36g | Dietary Fiber 14g | Sugars 7g (Includes 0g Added Sugars) | Protein 14g | Vitamin D 0% | Calcium 20% | Iron 45% | Potassium 15%