

## Parmesan Cauliflower And Parsley Salad

Gourmet | May 2006



(photo by: Romulo Yanes)

- 1/4 teaspoon black pepper
- 1/4 cup extra-virgin olive oil
- 6 oz white mushrooms, thinly sliced
- 5 cups loosely packed fresh flat-leaf parsley leaves (from 2 large bunches)

### For cauliflower

- 2 large eggs
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 (10-oz) packages frozen cauliflower florets, thawed and patted dry
- 2 oz Parmigiano-Reggiano, finely grated with a rasp (2 cups)
- 1/3 cup olive oil

### preparation

#### Marinate mushrooms for salad:

Stir together zest, lemon juice, salt, and pepper in a large bowl. Whisk in oil until combined, then stir in mushrooms and marinate while panfrying cauliflower.

#### Panfry cauliflower:

Lightly beat eggs with salt and pepper in a medium bowl. Add cauliflower and toss until coated well. Put cheese in a large bowl. Lift cauliflower out of egg mixture with a slotted spoon and transfer to cheese, tossing to coat.

Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then panfry cauliflower in 3 batches, turning occasionally, until golden on all sides, about 3 minutes per batch. Transfer with a slotted spoon to paper towels to drain.

#### Finish salad:

Add parsley and cauliflower to mushroom mixture, tossing to combine.

Fried with a parmesan coating, humble cauliflower takes on a whole new appeal in this salad; lots of parsley makes it aromatic and refreshing.

**Yield:** Makes 4 side-dish servings

**Active Time:** 35 min

**Total Time:** 40 min

### ingredients

#### For salad

- 1 teaspoon finely grated fresh lemon zest
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt