



RECIPE OF THE WEEK: 24/10/2022
Kounoupithi Augolemono)
(Cauliflower with Egg and Lemon Sauce)

This is a vegetarian appetising dish which is simple to make but very nutritious. You may add other vegetables such as broccoli and leeks to enrich the flavour.

Ingredients

(Serves 6 as a starter, 4 as a main course)

4 tbsp olive oil
1 large white onion, finely chopped
2-3 spring onions, washed and finely chopped
1 large cauliflower, divided into large florets
a small bunch of dill, finely chopped (optional)

For the egg and lemon sauce

2 medium free-range eggs
zest and juice of 2 lemons
1 tsp cornflour, dissolved in 2-3 tbsp cold water
fine sea salt and freshly ground white pepper

To garnish

a small bunch of fresh flat-leaf parsley, finely chopped

Method

1. Over a medium heat, in a large heavy-based saucepan, heat the oil and fry the onion, spring onions and cauliflower florets and dill, if using, for 3-4 minutes until golden brown.
2. Pour enough hot water to just cover the onions and cauliflower and season to taste. Cover the saucepan and cook for 20-25 minutes until the cauliflower is just soft. Remove the saucepan from the heat and set aside for at least 5-10 minutes.
3. Beat the eggs in a large bowl, add the lemon zest and juice and cornflour and beat until well blended. Gradually add a few tablespoons of the hot liquid from the saucepan to the bowl and beat again vigorously. Pour the egg and lemon mixture slowly over the cauliflower and stir gently.
4. Place the saucepan over a very gentle heat for two minutes to thicken the sauce, without allowing it to boil as it may curdle the eggs.
5. Taste and correct the seasoning if required.
6. Spoon the cauliflower and the augolemono sauce onto warm serving plates. Sprinkle some chopped parsley over the top.
7. Serve with fresh crusty bread, feta cheese and lemon slices.
8. You may add 60g of long grain or arborio rice when cooking the cauliflower for a more substantial meal.