

Cavolfiore Affogato



Sicilian Cauliflower Salad

This relatively quick dish should be served cold and is used mainly during the cold season as the perfect side dish.

Ingredients (4 people):

1200 g cauliflower

6 shallots

2 anchovies

50 g pecorino

1 glass of red wine

olive oil

salt

pepper

Preparation

Wash the cauliflower and cut it into small bunches. Cut the onion into rings. Clean the anchovies and remove the bones, cut the pecorino cheese into small pieces. Put a layer of cauliflower, onions, anchovies and pecorino cheese into a baking dish and sprinkle with a little salt and pepper. Proceed in this manner until all ingredients are used up. Sprinkle with a little olive oil and cook on low heat. Put a weight on the lid so that the cauliflower stays in the pan. From time to time add a few tablespoons of water. After about half an hour add the wine.

Cook for another 30 minutes until the wine has evaporated, and serve cold.



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