

MAGAZIN

SSUE No. 3



ECARAMEL

SUBSCRIBE



PANNA

WITH HAZELNUTS, PARMESAN AND SAGE

Welcome

CREATE ACCOUNT

LOGIN

MAGAZINE

MASTER TIPS

ARTICLES

OUR CHEFS

ABOUT



## CARAMELIZED CAULIFLOWER WITH HAZELNUTS, PARMESAN AND SAGE

by [Anita Lo](#)



Here is a great way to introduce this vegetable to someone who It contains loads of surprising flavors with sweet and salty accents, and you'll learn the quick and delicious technique of caramelization.

### ACTIVE TIME

5 mins

### TOTAL TIME

20 mins

### PORTIONS

4 servings

SHARE  
RECIPE



## INGREDIENTS

### 1 Head •

Cauliflower

### 3 T. •

Unsalted Butter

### 1 T. •

Sugar

### 1/2 tsp. •

Lemon Juice, or more to taste

•

- Salt
- Freshly Ground Black Pepper
- 3 Leaves, sliced** • Sage
- 1 T.** • Salted and Roasted Hazelnuts, roughly chopped
- Freshly Grated Parmesan Cheese

## RECIPE

- ▶ **STEP 1**  
Remove the green outer leaves and cut the cauliflower into 1/2-inch (1.25cm) thick slices to create cross sections. Remove any parts of the fibrous core of the cauliflower that remains.
- ▶ **STEP 2**  
Transfer the slices to a large, straight-sided skillet and cover with cold water halfway up the sides of the cauliflower, about 1/4-inch (6mm) deep. Add the butter, sugar, lemon juice and season with salt and pepper. Cook over high heat until the water evaporates and the cauliflower is golden brown on one side, 10 to 12 minutes. After the cauliflower begins to caramelize, reduce the heat to low.
- ▶ **STEP 3**  
Pick and slice the sage leaves. Once the cauliflower is deeply browned and the sugar has caramelized, rotate the slices to promote even browning. After a few moments, flip the cauliflower to cook the other side, about 5 minutes. Transfer to a serving dish and sprinkle with sage, hazelnuts and freshly grated parmesan cheese.

### CONNECT WITH PANNA ON

-  FACEBOOK
-  INSTAGRAM
-  TWITTER
-  PINTREST

### SITE MAP

- |            |                |                   |
|------------|----------------|-------------------|
| MAGAZINE   | OUR CHEFS      | SUPPORT           |
| MASTER TIP | GIFTS / REDEEM | PRIVACY POLICY    |
| ARTICLES   | ABOUT PANNA    | TERMS OF SERVICES |