



The Good Cooks Academy

Shake and Bake Cauliflower Parmesan

Cauliflower's mild flavor makes it a great candidate for this treatment, bathed in pasta sauce and enriched with a bit of cheese. We forgo the traditional frying you typically find with "Parmesan style" dishes and roast the cauliflower instead. Serve over spaghetti, preferably whole wheat or whole grain. Please note that this recipe can easily be halved, to make fewer servings, by halving all the ingredients and using a smaller casserole dish.

1/3 - 1/2 cup light olive oil	1/2 cup finely grated Parmesan cheese
1 small head cauliflower	1 tablespoon dried Italian herbs (basil, thyme, rosemary, marjoram, etc)
3/4 cup all-purpose flour	2 or 3 minced garlic cloves, optional
1 teaspoon salt, plus more to taste	1 quart favorite pasta sauce, warmed
3 large eggs	3/4 cup ricotta cheese (I like part skim)
2 tablespoons milk	Grated mozzarella cheese, to taste
3/4 cup panko bread crumbs	

1. Preheat the oven to 425°. Drizzle a tablespoon or so olive oil in a large, shallow, heavy casserole and place it in the oven to heat.
2. Core the cauliflower and cut/break it into large florets. Put them in a paper bag with the flour and 1 teaspoon salt. Shake well to dust the cauliflower. Transfer the pieces to a colander and shake again to remove the excess flour.
3. Whisk the eggs and milk in a large bowl. Transfer the cauliflower to the beaten eggs and toss well, until the pieces are thoroughly coated. Lift out the cauliflower and transfer to another large bowl.
4. Combine the panko crumbs, Parmesan cheese, and herbs in a large measuring cup. Stir to combine, then pour over the cauliflower. Toss well by hand to thoroughly coat the cauliflower.
5. Remove the casserole from the oven and carefully arrange the cauliflower in a single layer. Be careful not to burn yourself. Drizzle several tablespoons olive oil over the pieces, or warm 1/4 cup olive oil with the minced garlic and spoon it on top. If you have leftover crumbs, sprinkle some of them over the cauliflower. Dust with a little salt and pepper, to taste.
6. Bake the cauliflower for 30 minutes. Remove from the oven and spoon the pasta sauce here and there between the cauliflower pieces. Dollop the ricotta cheese over the surface, then sprinkle mozzarella cheese on top. Bake 15 more minutes, until the sauce is bubbly hot. Makes 6 servings.

