

BLACK RICE AND ROASTED CAULIFLOWER

(from the Bewitching Kitchen)

1 cup black rice

1 + 3/4 cup water

salt to taste

1 head cauliflower

4 tablespoons olive oil, divided (3 + 1)

juice of half lemon

1/4 tsp turmeric

1/4 tsp cumin

1/4 tsp ground ginger

1/8 tsp cayenne pepper

Soak the rice in plenty of cold water for 45 minutes. Drain, and rinse well. Add to a sauce pan with the water seasoned with salt. Bring to a boil, reduce heat, simmer with a tight-fitting lid for about 35 minutes, until the liquid is absorbed. Leave in the pan undisturbed for five minutes before serving.

To roast the cauliflower, cut the florets in a way that they get a flat side. Mix them with 3 tablespoons of olive oil, season with salt and pepper, and place as a single layer in a baking sheet, covering tightly with aluminum foil. Roast at 450 F for 10 minutes, remove the foil, roast for 15 more minutes, flipping the pieces mid way through (or at least moving them around a little, so that new spots touch the bottom of the pan. Depending on how dark you like your cauliflower, let them roast longer. Meanwhile, mix the remaining tablespoon of olive oil with the lemon juice and spices. When the cauliflower is ready, drizzle the spice mixture, toss gently.

Serve the cauliflower over the hot, steamy rice.