

Turmeric Cauliflower, Escarole and Feta Salad

by Brooke Williamson

Turmeric roasted cauliflower with wilted escarole and feta, olive-brined pickled mustard seed vinaigrette, and pita croutons

Prep Time: 20 to 30 minutes

Cook Time: 40 to 50 minutes

Yield: 4 salad servings



Olive Brine and Mustard Seed Vinaigrette

(makes 3/4 cup)

- 1 tablespoon yellow mustard seeds
- 1/2 tablespoons champagne or white wine vinegar or olive brine
- 3 tablespoons honey, divided
- 3 tablespoons water
- 1/2 teaspoon kosher salt
- 2 tablespoons very finely chopped shallot
- 1/4 cup red wine vinegar
- 2/3 cup olive oil
- 1/4 teaspoon ground black pepper
- 2 teaspoons very thinly sliced chives

Turmeric Roasted Cauliflower and Escarole

- 12 ounces cauliflower florets
- 1 cup olive oil
- 2 tablespoons kosher salt
- 2 teaspoons ground black pepper
- 4 teaspoons turmeric
- 8 teaspoons zahtar (za'atar) spice blend
- 2 cups escarole, chopped into 1-inch pieces
- 1 cup pitted and halved green olives without pimientos

Zahtar Pita Croutons

- 1 (6-inch) white pita, cut into 1/2-inch pieces
- 1 teaspoon olive oil
- 1 tablespoon zahtar (za'atar) spice blend
- 1/8 teaspoon kosher salt

Turmeric Cauliflower, Escarole and Feta Salad

- 6 cups turmeric roasted cauliflower and escarole
- 1/2 cup olive brine and mustard seed vinaigrette
- 1 cup zahtar (za'atar) pita croutons
- 1/4 cup crumbled feta cheese

To Prepare Olive Brine and Mustard Seed Vinaigrette:

1. In a small pot, bring the mustard seeds, champagne vinegar, 1 tablespoon of honey, water, and salt to a boil.
2. Reduce to a gentle simmer and cook for 5 to 10 minutes until the liquid is mostly evaporated. Remove from the heat and set aside to cool.
3. In a large bowl, whisk together the shallots, red wine vinegar, and 2 tablespoons of honey.
4. While whisking, add the olive oil in a slow and steady stream until incorporated. The finished dressing will be thick and glossy. You can also use a high-powered blender or small food processor to do this step.
5. Alternatively, combine the shallot, red wine vinegar, and remaining honey in a 2-cup container with a very tightly fitting lid. Shake for 30 seconds until well mixed. Add half of the olive oil and shake vigorously for 30 seconds. Add the remaining oil and shake vigorously for 30 seconds to 1 minute until the dressing is thick and glossy.
6. Season the dressing with pepper and fold in the cooled mustard seeds and chives.

To Prepare Turmeric Roasted Cauliflower and Escarole:

1. Preheat the oven to 475 degrees Fahrenheit.
2. Place the cauliflower in a large bowl. Add half of the olive oil and toss to combine. Add the salt, pepper, turmeric, and zahtar and toss to combine.
3. Place the cauliflower on a lined baking sheet and roast for 20 to 30 minutes or until golden brown and just tender. A sharp paring knife should be able to pierce the cauliflower.
4. When the cauliflower is almost done roasting, heat the remaining olive oil in a large skillet over medium-high heat.
5. Add the escarole to the skillet and cook for 1 to 2 minutes until the greens are slightly wilted. If needed, add a little water to help the leaves become tender.
6. Add in the olives and roasted cauliflower and gently stir or toss to combine.

To Prepare Zahtar Pita Croutons:

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a small bowl, toss the pita pieces, olive oil, zahtar, and salt until well-mixed.
3. Place the pita croutons in a single layer on a baking sheet.
4. Bake the croutons at 400 degrees Fahrenheit for 5 to 7 minutes until crisp and browned. Remove from the oven and allow the croutons to cool completely.

To Assemble Turmeric Cauliflower, Escarole and Feta Salad:

1. Place 1 1/2 cups of roasted cauliflower and escarole diagonally across a dinner plate.
2. Spoon 2 tablespoons of vinaigrette over the top of the cauliflower mixture.
3. Sprinkle 1/4 cup of croutons and 1 tablespoon of feta cheese over each plate. Enjoy immediately!

Chef Tips:

- Zahtar or za'atar is a Levantine spice blend named after the herb that is the base of the original blend. The herb resembles oregano and is often blended with sesame and sumac.
- If you cannot find escarole, consider using chicory, endive, frisée, radicchio, or arugula.
- If you use olive brine to pickle the mustard seeds, reduce the salt by at least half.

Vegetarian

Allergens:

Milk, Wheat, Soybean, Mustard, Sesame, Sulphites, Gluten