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Crunchy Shaved Cauliflower Salad Deliciously Delivers

By Susie Iventosch



Shaved Cauliflower Salad with Radicchio and Walnuts

Photo Susie Iventosch

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Cauliflower is often the forgotten vegetable, but it is so versatile and delicious, and comes in a variety of colors: yellow, purple, green, and, of course, the basic white. It can be eaten raw as a crudité, (with or without dip), sliced in salad or puréed as a soup, steamed, sautéed, roasted, barbecued or even turned into fluffy cauliflower couscous.

We recently had a side dish at a restaurant that I had a tough time figuring out until further microscopic in-

spection, and it turned out to be very, very finely sliced cauliflower in vinaigrette. It was absolutely delicious and it got my recipe wheels rolling. Because normal cauliflower is just plain white, I thought it would be fun to add some color by using some yellow cauliflower, radicchio and also little bit of parsley. This salad has a lot of crunch, with toasted walnuts tossed in for good measure. If you are feeling really adventurous, you can use the purple or green cauliflower, too.

INGREDIENTS

(Makes enough for 6 side dishes)

- 1 head yellow or white cauliflower, (I used both), thinly sliced on a mandolin or the flat edge of a traditional cheese grater
- 1/2 head radicchio, julienned
- 1 small shallot, finely diced and sautéed until translucent, optional
- 1/2 cup large walnut pieces, toasted
- 1/2 cup Pecorino Romano, grated
- 1/4 cup coarsely chopped parsley

Dijon Vinaigrette

- 2 teaspoons Dijon mustard
- 1/4 cup red wine vinegar
- 1/3 cup extra-virgin olive oil
- Salt and pepper to taste

DIRECTIONS

Clean and thinly slice cauliflower on a mandolin or cheese grater. Some of the cauliflower will grate into very tiny pieces, but don't worry, just get as many slices from the stems as possible. Place in salad bowl. Cut or snip radicchio into thin julienne strips and add to bowl along with toasted walnuts and grated Pecorino Romano (or Parmesan). If you like the idea of adding sautéed shallots, add them now.

Place all dressing ingredients in a jar or a container with a tight-fitting lid and shake well. Pour over salad ingredients and toss well. Serve cold or at room temperature with an extra spoonful of grated cheese and parsley sprinkled over the top.

Susie can be reached at suziventosch@gmail.com.

This recipe can be found on our website: www.lamorindaweekly.com.

If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



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