

## **Katherine Liberovskaya's Cauliflower Tomato Caper Gratin with Feta (or breadcrumbs for a lactose-free vegan version :) for Jen Morris**

23 March 2022 (the day of my Mother's birthday :)

- 1 large cauliflower
- 2-3 tablespoons olive oil
- 1/2 -1 cup chopped onion
- 3-4 cloves of garlic crushed
- 1 large can of diced tomatoes (28ozs/800grams) or about 6-7 fresh tomatoes chopped in very small chunks
- 1 tablespoon of dried oregano (can also be combined with herbes de provence and/or dry Italian seasoning)
- a pinch of ground cinnamon
- 1-2 heaping tablespoons of capers in brine rinsed (I like lots of capers :)
- 1 teaspoon of honey
- salt and fresh ground pepper to taste
- juice of 1/2 large lemon
- 1/2 - 1 cup fresh parsley chopped fine
- about 1/2 to 3/4 cup of crumbled feta cheese\* (ideally classic Bulgarian or Greek sheep feta)  
(\*OR: for a lactose-free version replace feta crumbles with plain breadcrumbs or any kind of gluten-free breadcrumbs)

Break up the cauliflower into small florets and steam (or boil in slightly salted water) until cooked but still firm.

In the mean time in 1-2 tablespoons of olive oil sauté chopped onion and crushed garlic in a large skillet until lightly golden. Add cinnamon and dried herbs. Then add the diced tomatoes and simmer for 5-10 minutes. Finally add the honey and the capers as well as salt and pepper.

Oil a gratin dish and place all the steamed cauliflower florets in an even layer on the bottom. Pour the tomato and caper sauce over the cauliflower. Squeeze the juice of the half lemon over the tomato sauce and sprinkle with the crumbled feta cheese. Alternatively, for a lactose-free variation, you can sprinkle the top with plain breadcrumbs (or any gluten-free breadcrumbs) and dot with a bit more olive oil.

Broil in the oven for 10-15 minutes (until feta or breadcrumbs start to brown).  
Remove from the oven and sprinkle with the fresh chopped parsley.

Serve by itself or accompany with any kind of plain rice, quinoa, potatoes any style, polenta, or even pasta. Great too with warm crusty bread and butter or olive oil.  
And a crisp green salad on the side with a simple dressing like olive oil and balsamic. (The green of the salad will complement the redness of this dish very nicely).