

Cauliflower Ragu

¼ cup olive oil
6 anchovy fillets
Pinch of chili flakes
½ head cauliflower, chopped into small bits
½ red onion, diced
3 cloves garlic, smashed and chopped fine

I can't actually take credit for this recipe. This is basically a copy of a recipe that was part of my prep at an Italian restaurant I used to work for. We used it as a sauce for pasta, with a lot of cheese, but I started eating the ragu in a bowl all by itself. I love it.



You could put it through pasta, use it as a sauce for fried pork chops, blend it to make a cauliflower mash, or fry an egg and put it on top of a big bowl of this tasty stuff.

Typically, I would say if you don't like an ingredient, to leave it out or replace it. But if you don't like anchovies, you really can't leave them out or replace them this time. You can reduce the amount to about four fillets, but you really do need them in this recipe.

This recipe makes enough for 2 servings of pasta.

Heat the olive oil gently over medium heat. Once warm, add in the anchovy fillets and let them start to dissolve in the heat of the oil. Once the oil is hot and the anchovies have dissolved, add in the chili flakes. Give them about 10 seconds to toast in the oil.

Add in the cauliflower and onion and let cook in the oil until the onion is translucent, about 5 minutes.

Add in the stock and let simmer until the cauliflower is soft and the stock has reduced, about 40 minutes.

You probably won't need to add salt, but taste it and adjust anyway.