



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

PCFMA.ORG

## CAULIFLOWER WITH BACON & SHALLOTS



An easy side dish using mild cauliflower and salty bacon and shallots. Cauliflower is a great replacement for the carbs in pasta and potatoes.



00 HR 45 MINS



Serves 4



Featuring

[J&M Farms](#)

INGREDIENTS

- 1 -2 cups bacon ends, diced in 1/4-inch squares
- Two small or one large head of cauliflower, cut into bite-sized pieces
- 2 large or 5 small shallots, peeled and sliced lengthwise about 1/8 inch thick
- 1/4 lemon
- 2 cups olive or vegetable oil for frying
- Salt and pepper

## METHOD

Place oil in a small pan and bring to medium heat. Add shallots and cook gently, stirring occasionally, for about 15 minutes. Reduce heat if browning too quickly. Place fine strainer over a bowl. Transfer shallots to strainer and drain well. Save oil to use again (it will take on the flavor of the shallots). Blot shallots with a paper towel and sprinkle with salt.

The shallots become crispy as they cool and should be made in advance.

Roast bacon in the oven at 320°F. Shake pan every 7 minutes to ensure even browning. When desired color is reached, drain pan and reserve the grease. This will be used to flavor the cauliflower! Toss cauliflower in bacon fat with 1/2 teaspoon salt.

Roast at 350°F for 7 minutes for a crunchy texture and shake pan every 5 minutes for even browning. Roast 7 minutes for a crunchy texture or 13 minutes for softer florets, shaking pan every 5 minutes for even browning. When cooked, toss with bacon and shallots.

Dress with the juice of 1/4 lemon and adjust salt and pepper to taste.