

Tim Bone

Roast Cauliflower Savoury Scones

Equipment:

metric measuring scales, cups and spoons
clean tea towel
chopping board
cook's knife
lined baking tray
small bowl
pastry brush
wooden spoon
saucepan with steaming basket
food processor
fry pan
serving dish

Ingredients:

1/2 head of cauliflower, stem and leaves included, roughly chopped
1 tsp smoked paprika
1 tsp ground cumin
3 tbsp olive oil
pinch of salt & pepper
100g feta cheese
100g baby spinach
1 clove of garlic, chopped
1 tbsp chopped rosemary
1/4 cup chopped parsley
3 cups self raising flour
1 cup cream
1 cup soda water

What to do:

- Prepare ingredients based on the instructions in the ingredients list.
- Preheat oven to 200°C.
- Place cauliflower in a baking tray. Sprinkle with smoked paprika, cumin, salt & pepper and 2 tbsp of the olive oil and toss together. Bake in the oven for 20-25 minutes or until cauliflower is tender. Remove and cool in the fridge (as you don't want to add it hot to the mix)
- Heat the other tbsp of olive oil in a frying pan over medium heat. Add the chopped garlic and spinach. Cook until the spinach has wilted. Let cool and squeeze out any excess moisture.
- Sift flour into mixing bowl. Add cream and soda water. Cut together with a butter knife until a rough dough forms. Add cauliflower, feta, spinach and herbs. Mix until just combined.
- Turn dough out onto lightly floured bench. Lightly knead to bring together in a ball.
- Flatten dough into a circle about 3 thick. Cut into 8 pieces like a pizza.
- Place onto a lined baking tray and bake in 200°C oven for 15-20 minutes or until the scones are golden and cooked.
- Serve with butter.