



*Demo card*

# ROTISSERIE CAULIFLOWER

Demo difficulty level 1 (simple) – 5 (hard)



**Serves:** 4-6 people

**EGG set up:** Direct rotisserie

**EGG target temperature:** 180°C-200°C

**Cooking time:** 1 hour

This is an excellent recipe for proving that the Rotisserie isn't just for meat. A whole cauliflower is spit-roasted over direct heat, regularly basted with a lightly spiced oil, brushed on with rosemary sprigs. The result is evenly cooked cauliflower with golden-brown edges, ready to be dipped in a North African-style spiced yoghurt.

## EQUIPMENT



**ROTISSERIE**

### KEY MESSAGES:

- 1 The spit can hold (and, more importantly, turn!) up to 25kg, meaning there aren't many ingredients that can't be cooked on the Rotisserie.
- 2 Rotisserie is available for both Large and XL EGGS
- 3 Vegetables and fruit taste incredible when spit-roasted

*Recommended charcoal*

Premium 100% Natural Oak & Hickory Lump Charcoal



ROTISSERIE RECIPE





## INGREDIENTS

### FOR THE CAULIFLOWER

- 2 small cauliflowers, left whole
- 2 lemons

### FOR THE SPICED YOGHURT

- 250g natural yoghurt
- 2 tsp ras el hanout
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sea salt
- Fresh mint sprigs

### FOR THE BASTING OIL

- 200ml oil
- 2 tsp ras el hanout
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sea salt
- 4 large rosemary sprigs

## METHOD

### SET UP YOUR EGG

Set up your EGG for direct rotisserie cooking, with the Rotisserie ring in place and the motor unit plugged in. Load and light the EGG for rotisserie cooking.

Once up to temperature, add your cauliflowers and lemons to the Rotisserie spit, keeping them all whole. To start, remove the top fork from the spit. Depending on how big the cauliflower is you may need to create a pilot hole. Place one whole cauliflower onto the spit, threading down until skewered onto the bottom fork. Add a lemon to the spit, then the second cauliflower,

followed by the remaining lemon. Return the top fork to the spit and push it into the lemon. Make sure the ingredients are all in the centre of the spit so it can turn in the rotation grooves. Tighten the wing screws.

### MAKE THE OIL

First make the basting oil by combining all the ingredients. Set aside for later.

### COOK THE CAULIFLOWER

Place the veg-packed spit into the Rotisserie motor and switch on. Cook for around 40 minutes, until the cauliflowers are golden brown. Using your sprigs of rosemary as a brush, apply your basting oil to the veg every 10 minutes.

### MAKE THE YOGHURT

Meanwhile, make your yoghurt. In a bowl, add the yoghurt, sea salt and spices. Finely chop the mint leaves and add them too. Mix well.

Once the cauliflowers are cooked, carefully remove them along with the lemons, and break into thick chunks. Cut the lemons into halves.

### SERVE

Present the cauliflower chunks and lemon halves on a board with chopped mint leaves. Serve the North African yoghurt in a bowl for dipping.

*Top tip*

**Make sure to use an EGGmitt when removing the spit and its ingredients.**



**ALERT:** As with any cooking demo, food hygiene and customer safety are essential. Please ensure that whoever is running the demo has completed a Food Hygiene Level 2 exam online and check the [www.food.gov.uk](http://www.food.gov.uk) website for further guidance.