

Breaded Cauliflower Cutlets With Marinara

This Is A Wonderful Vegetarian Version Of Breaded Meat, With Cutlets Dripping With Sauce

Try this dish — a wonderful vegetarian version of breaded veal (or pork or chicken) cutlets swimming in a marinara sauce — you will see how easy and satisfying it is.

The biggest flavor is going to come from the marinara sauce.

Breaded Cauliflower Cutlets With Marinara

1/4 cup extra-virgin olive oil
2 tsp minced garlic
1 large head cauliflower
3 large eggs, lightly beaten
1/2 cup Greek yogurt
1 tsp kosher salt, divided
1/2 cup cornstarch
1 3/4 cups panko breadcrumbs
1 ounce grated Parmesan cheese

1 1/2 cups speedy marinara or store-bought marinara, heated
Heat the oven to 400 F.

In a small bowl, combine the oil and the garlic. Set aside. Pull off any leaves from the stem end of the cauliflower and trim off just enough of the stem so the cauliflower stands flat on the counter.



Slice the cauliflower head in half down the center top to bottom. One at a time, set each half onto its cut side. Starting from one end of each half, slice crosswise to create 1/2-inch-thick slices. This will yield 3 to 4 cutlets from the center of each half, with the small ends being chunks. The chunks can be prepared as the cutlets, or reserved for another use.

In a shallow bowl or pie plate,

whisk together the eggs, yogurt, 3 tablespoons of water and 1/2 teaspoon of the salt.

On a sheet of kitchen parchment, combine the cornstarch with the remaining 1/2 teaspoon of salt, stirring the mixture with a fork to combine. On a second sheet of parchment, combine the panko with the cheese, stirring with a fork.

One at a time, coat the cauliflower

cutlets (and trimmings, if using) on both sides with the cornstarch, knocking off the excess. Next, dip each in the egg mixture, coating them on both sides and letting the excess drip off. Finally, coat them with the panko mixture, patting the crumbs on well. Set aside.

Strain the garlic oil through a mesh strainer, pressing hard on the garlic to get out all the oil. Discard the garlic (or reserve for another use).

On a rimmed baking sheet, spread half of the oil in an even coating. Set the baking sheet on the oven's top shelf and heat for 5 minutes. Carefully remove the pan from the oven and quickly arrange the prepared cauliflower on it in a single layer. Return the pan to the oven and bake for 15 minutes.

Remove the pan from the oven, drizzle the tops of the cauliflower evenly with the remaining oil, turn them over, then bake for another 15 minutes. Divide the cau-

liflower among 4 serving plates, then serve topped with marinara.

Speedy Marinara

Start to finish: 35 minutes (10 minutes active)

Makes about 2 1/2 cups

2 large cloves garlic, smashed
1 tablespoon extra-virgin olive oil

Hefty pinch red pepper flakes
28-ounce can plum tomatoes (preferably fire-roasted), chopped
Kosher salt

In an unheated medium saucepan, combine the garlic and the oil. Turn the heat to medium and cook, turning over the garlic several times, until it is just golden, 4 to 6 minutes.

Add the red pepper flakes and cook, stirring, for 30 seconds. Add the tomatoes and a hefty pinch of salt, then bring to a boil, reduce the heat, and cook at a brisk simmer until the sauce is reduced to about 2 1/2 cups, 20 to 25 minutes. Discard the garlic. Season with salt. - AP

Delightful Home-Made Egg Rolls



By Sara Moulton

Who doesn't love an egg roll? For generations it's been Chinese cuisine's No. 1 hit in America. And why not? They're ubiquitous, they're fried, they're delicious, and you can eat them with your hands. Unfortunately, egg rolls are restaurant food. Making them at home can seem too daunting, but they need not be. Just plan ahead...

Here the egg rolls are filled with sauteed meat of your choice, red pepper, carrots and Napa cabbage. All the ingredients need to be cooked before being stuffed into the wrappers.

The great thing about a deep-fried egg roll is its crackly crisp shell. I'd never claim that sauteing them delivers the same crunch, but you'll get close. You need to turn over each egg roll frequently as it cooks in the skillet to make sure that every part of its surface becomes nicely browned.

Chinese restaurants classify egg rolls as appetizers, but I see no reason to confine them to a supporting role. These rolls are quite substantial and, with the addition of a simple side dish, they'll do a stellar job in the centre of your dinner plate.

Egg Rolls With Soy Sesame Dipping Sauce

For the dipping sauce:
3 tbsp low sodium soy sauce
2 tbsp rice vinegar (unseasoned)

1 teaspoon sugar
1 teaspoon sesame oil

For the egg rolls:

1/4 cup plus 3 tbsp vegetable oil

2 tbsp minced ginger
2 teaspoons minced garlic
8 ounces ground meat
Kosher salt
1/3 cup thinly sliced scallions
1 cup chopped red pepper
1 cup coarsely grated carrot
2 cups finely shredded Napa cabbage

1/3 cup chicken broth
2 tbsp low sodium soy sauce
14 egg roll wrappers

Make the dipping sauce: In a small bowl combine all the ingredients. Set aside.

Make the egg rolls: In a large nonstick skillet heat 2 tbsp of the oil over medium heat. Add the ginger and garlic and cook, stirring 1 minute. Add the meat and a hefty pinch of salt, reduce the heat to medium and cook, stirring, until it turns white, about 2 minutes. Transfer with a slotted spoon to a medium bowl.

Add another tablespoon of the oil, the scallions, red pepper and carrot to the skillet and cook, stirring occasionally, until slightly softened, about 2 minutes. Add the cabbage, stock and soy sauce, and simmer, stirring until all of the liquid has evaporated and the vegetables are tender but not mushy. Add the mixture to the pork bowl, stir well and set aside to cool to room temperature. Clean the skillet and set it aside.

Working with two egg roll wrappers at a time arrange them on the counter with one of the

corners facing you. Place level 1/4 cup of the filling in the centre of the wrapper and bring up the bottom corner that is facing you half way up to cover the filling. Fold in the left and right corners of the wrapper snugly over the filling. Moisten the top corner and bring it down to form a rectangular package, pressing firmly to make sure the top corner is well glued.

Heat 2 tbsp of the oil in the large nonstick skillet over medium high heat. Add half the rolls to the skillet, reduce the heat to medium and cook the rolls, turning them frequently until they are golden brown on all sides, about 6 to 8 minutes total. Transfer them to paper towels to drain and repeat the procedure with the remaining oil and remaining egg rolls. Transfer to plates and serve right away with the dipping sauce. Pic: Sara Moulton/AP

Tips For Perfect Food And Wine Pairings

Whether you're a budding wine connoisseur or simply want to make great selections for your next dinner party, here are some tips for food and wine pairings everyone will love.

1. Emphasize flavours. Identify the most expressive components of a dish and then select a wine that accentuates them. For example, a holiday bird like turkey or duck served with cranberries pairs very well with the classic fruity notes of a Côte du Rhône or a Vacqueyras bottle.

2. Look for balance. Think of the wine and food as equal partners that should both have similar, complementary weights. Pair intense foods with intense wines, rich foods with rich wines, light foods with light wines and so on.

3. Consider the region. Vineyard location makes a vital difference to the tastes and aromas of wine.

Opt for a place with a strong history of producing superior wines, like the vineyards of the Rhône Valley, which are located in a corridor between the Mediterranean Sea and Northern Europe and have been producing wines for over 2000 years. Benefiting from excellent soil diversity, rich and vibrant land, and a variety of appellations, the region is known for its world-class pleasure wines, available in red, white and rosé.

4. Cheat with colour. A great trick that's helpful if you're short on time or not sure where to start is to match the colours in your



food and wine. Try a light, bright white with hints of green with a garden salad and a dark red with a hearty stew.

5. Trust your instincts. These guidelines are a helpful start, but remember preferences are unique and individual, so cater to yours. Pairing food and wines is an art that's informed by what you like to drink and eat, and choosing your favourites is what matters most.

If you love pairing a white Saint Joseph or Crozes-Hermitage with your steak rather than the red that tradition dictates for beef, go for it and enjoy.



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