

# Antonella's Kitchen

*taste the culture!*



## Braised cauliflower

Serve 4

prep.time 5 minutes

### Ingredients

- A medium size cauliflower
- 1/2 glass of water
- 1 garlic clove
- A stick of fresh rosemary
- 2 tbsps Extra virgin olive oil
- 2 tbsps. of cider vinegar
- Salt& pepper

### Method

1. Cut the cauliflower florets.
2. In a large frying pan pour the 2 tbsps of olive oil, add the garlic and the cauliflower florets. Add the water and the stick of fresh rosemary. Seasoning.
3. Cover and let simmer until the cauliflower is becoming tender and the water is completely absorbed.
4. Add the cider vinegar and cover.
5. Stir the flower time to time to prevent they stick in the bottom of the frying pan.
6. The florets will acquire a pinkish nuance and a sweet/sour aroma. Discard the garlic and the rosemary stick.
7. Serve warm.

Notes

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