

Salt and Serenity

Shaved Cauliflower Salad

Recipe adapted from Chef Jeremy Strubel, at Winsome Restaurant in Los Angeles

In addition to cauliflower, this salad calls for lettuce. This is the time to splurge on some of those fancy artisan greens you see in the supermarket. Try some frisée, red or green oak leaf lettuce or some red or green little gems, (the ones that look like baby romaine).

Serves 4

1 teaspoon finely grated lime zest
¼ cup fresh lime juice
1 tablespoon nutritional yeast
1 ounce Parmesan, finely grated
1 teaspoon Dijon mustard
1 teaspoon honey
¼ cup olive oil
½ teaspoon Kosher salt
¼ teaspoon freshly ground pepper
1 small head cauliflower, cut into quarters, very thinly sliced by hand or mandoline
3 small heads artisan lettuces, washed, dried and cut into 1 inch wide strips
1 ounce Parmesan, finely grated
1 teaspoon nutritional yeast
1 ounce Parmesan, shaved with vegetable peeler

1. Whisk lime zest, lime juice, 1 tablespoon nutritional yeast, finely grated Parmesan, mustard, and honey in a large bowl. Whisking constantly, gradually add oil; whisk until emulsified. Season with salt and pepper.
2. Toss thinly sliced cauliflower with half the dressing in a large mixing bowl. Add lettuces, gently and toss again; season with salt and pepper.
3. Transfer salad to a platter and top with remaining 1 teaspoon nutritional yeast and 1 ounce shaved Parmesan. Taste and add additional dressing tableside if desired.