

## Halibut with Cauliflower Cakes & Cilantro Mint Sauce

### Cilantro Mint Sauce

#### Ingredients:

¾ c each cilantro **and** mint  
½ c. yogurt (opt)  
¼ c. finely chopped onion  
1 tbsp. fresh squeezed lime juice  
1 ½ tsp. honey  
½ tsp. toasted and ground cumin seed  
salt and pepper

#### Method:

Combine all in bowl. Season and set aside.

### Cauliflower Cakes

#### Ingredients:

2 ea. heads cauliflower, cored and cut into florets  
½ c. extra virgin olive oil  
salt and pepper  
1 tsp. each ground turmeric **and** coriander  
½ tsp. ginger  
2 lg. eggs, beaten  
2 ea. scallions, thinly sliced  
2 garlic cloves, finely minced  
1 tsp. grated lime zest plus fresh cut lime wedges  
3 tbsp. **arrowroot** flour ((arrowroot powder)

#### Method:

Place oven rack in middle position and heat oven to 450 F.  
Toss cauliflower with 2 tbsp. oil, 2 tsp salt, turmeric, coriander, ginger and ¼ tsp.

pepper together in a bowl. Spread cauliflower out on parchment rimmed baking sheet and roast till browned and tender stirring occasionally (around 20-25 minutes)

Transfer to a large bowl and let cool a bit. Reduce oven to 200 F.

Line sheet with new parchment sheet . Mash cauliflower coarsely with a potato masher. Stir in eggs, scallions, garlic and lime zest/. Sprinkle in arrowroot and stir until well-combined. Using wet hands, divide into 8 each  $\frac{3}{4}$  inch packed patties. Place on sheet try and refrigerate until well chilled and firm. At least 30 minutes.

Line large plate with paper towels. Set a wire rimmed rack in second rimmed baking sheet. Heat 3 tbsp. oil in 12 inch skillet over medium heat until shimmering. Carefully lay 4 cakes in and cook until golden brown and slightly crispy (5 minutes per side). Drain cakes on prepared plate and then transfer to prepared rack to keep warm. Repeat with remaining 3 tbsp. oil and remaining 4 cakes. Season cakes with salt and pepper and serve with sauce and lime wedges.

Serve with pan roasted halibut, seasoned with salt and pepper and cooked 5 min total per  $\frac{1}{2}$  " thickness. Slightly under is better than overcooked!!

And sautéed collard greens or vegetable of choice!