

## Curried Cauliflower with Peas

(Adapted from [The Essential Asian Cookbook](#), Whitecap Books, 1998)

Here, homely cauliflower undergoes an extreme makeover. By partnering with warm spices (especially turmeric, which lends a sunny glow) and bright green peas, this flowering cabbage gets a major lift. To make it daintier and easier to eat, be sure to cut the florets as small as possible. Serve as a side, or pair with cubed, baked tofu for a healthy vegetarian entree.

2 tablespoons vegetable oil, divided  
1 head cauliflower, cut into tiny florets (munch the leftover stalks as you work, or save for soup)  
1/2 teaspoon salt  
Freshly ground black pepper  
2 tablespoons water  
1 medium red onion, finely chopped  
2 cloves garlic, smashed and minced  
1 teaspoon minced fresh ginger  
1/2 teaspoon turmeric  
1 teaspoon ground coriander  
Scant 1/2 teaspoon ground cardamom  
1/4 teaspoon sugar  
1/2 cup Greek yogurt (I prefer full-fat in this recipe)  
1-1/2 cups frozen peas  
Cubed, baked tofu (optional)

Heat your largest sauté pan over high heat. Add 1 tablespoon of the oil. Swirl to coat.

Sauté the cauliflower for about 5 minutes, tossing with tongs, until nicely browned. Season with the salt and a few grindings of black pepper. Lower the heat, add the water, and cover. Steam until just tender, about 3 minutes. Transfer to a large bowl.

Wipe out the pan, if necessary, and add the remaining tablespoon of oil. Over medium heat, cook the onions, garlic, and ginger until softened and fragrant, but not brown, about 5 minutes. Add the spices and sugar and cook, stirring, for one minute. Reduce the heat and stir in the yogurt, cooking over very gentle heat until warmed through, about 4 minutes longer.

Return the cauliflower to the pan and add the peas and tofu, if using. Cover and cook until the peas are hot but still bright green, about 2 to 4 minutes. Serve immediately.