

Roasted Cauliflower and Squash

Pair with Boen California Pinot Noir

Ingredients:

- 2 - 3 head of cauliflower
- 4 Delicata squash
- 1 oz pine nuts
- 1 oz pumpkin seeds
- 1 oz sunflower seeds
- ¼ cup dried currants
- ½ sprigs of fresh thyme
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

- Preheat oven to 400 degrees.
- Cut off each end of the squash and slice down the center to cut in half lengthwise. Scrape out all the seeds, and cut into half moons.
- On a baking sheet lined with parchment paper, mix your squash with olive oil, salt, and pepper and distribute evenly on the baking sheet. Bake for about 45 minutes.
- Cut the cauliflower into roughly ½ inch wide steaks and put onto a 2nd baking sheet with olive oil, salt, and pepper. Bake for about 30 minutes.
- In a dry saute pan, toast pine nuts, pumpkin seeds, and sunflower seeds over low heat to toast them. Transfer to a plate.
- Then using the same saute pan over medium/high heat, saute your shallots with olive oil, salt, and pepper until translucent. Remove from the stovetop.
- Assemble the dish in a serving bowl by first layering cauliflower (toasted side up for color) and squash, then sprinkle on top the shallots, currants, seed mix, and sprigs of fresh thyme.

Tips:

- This dish can be served at room temperature, though if you'd like to serve warm: reheat in an oven set to 250 degrees for 10 minutes just before serving. Add currants, seed mix, and fresh thyme after reheating.

Tools Needed:

- 2 Baking sheets
- Saute pan
- Knife & cutting board
- Oven
- Stovetop