



Makes 1 head cauliflower + 7 cups pilaf

Preparation Time: 40 minutes

Cook Time: 30 minutes

INGREDIENTS:

4 cups low-sodium vegetable broth

¾ cup dry wild rice

¾ cup dry hulled barley

1 small onion, sliced

5 cloves garlic, crushed

4 to 5 sprigs fresh herbs, such as thyme, parsley, sage, and/or rosemary

¼ cup apple cider vinegar

1 2½-lb. head cauliflower

3 tablespoons Dijon mustard

1 tablespoon pure maple syrup

¼ teaspoon crushed red pepper

3 cups sliced mixed fresh mushrooms, such as button, cremini, oyster, and shiitake

1 15-oz. can no-salt-added kidney beans, rinsed and drained (1½ cups)

½ cup chopped roasted red bell pepper (from the jar)

¼ cup chopped fresh parsley

⅓ cup chopped toasted walnuts

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

Whole Braised Cauliflower with Mixed-Grain Pilaf

Served over wild rice, barley, and mushroom pilaf, this whole braised [cauliflower](#) is perfect for the center of a [vegan Thanksgiving spread](#) or any holiday table. The pilaf gets extra heartiness from kidney beans, while toasted walnuts and fresh parsley ensure it's ready for the party. Braised cauliflower becomes mouthwateringly tender as it absorbs the earthy, sweet flavors of fresh herbs, garlic, maple syrup, Dijon mustard, and apple cider vinegar. If you like, broil the finished cauliflower head (or slices) for a few minutes to give it some extra color.

Tips

Presentation points: If you want a “carved” presentation like you see in the photo, carefully remove the cooked whole cauliflower from the Dutch oven before broiling in Step 3 and transfer to a rimmed baking sheet. Cut into wedges and broil as directed.

A note on braising and broiling: A cross between baking and steaming, braising involves cooking food slowly in a modest amount of liquid in a covered dish. To broil, you position food directly under the oven's heating element to quickly brown it.

For more inspiration, check out these tasty ideas:

- [Harissa Cauliflower Steaks with Date Couscous](#)
- [Lemon Dijon Whole Roasted Cauliflower](#)
- [Creamy Cauliflower Bake](#)
- [Roasted Cauliflower and Quinoa Casserole](#)
- Or check out our full collection of [cauliflower recipes](#).

By Ellen Boeke

- 1 In a large saucepan bring broth to boiling. Add wild rice and barley. Return to boiling; reduce heat. Cover and simmer 45 to 50 minutes or until tender; drain any excess liquid.
- 2 Meanwhile, preheat oven to 400°F. Scatter onion slices, garlic, and herb sprigs in the bottom of a large broiler-safe Dutch oven. Add vinegar and ¼ cup water. Remove leaves from cauliflower and trim core so the head sits flat. Place core side down in Dutch oven. In a bowl stir together mustard, maple syrup, and crushed red pepper. Brush all over cauliflower.
- 3 Cover and bake cauliflower 30 to 40 minutes or until tender when pierced with a sharp knife. Remove lid. If you like, broil 5 to 6 inches from heat 3 to 4 minutes or until browned (you can leave the cauliflower whole or cut it into eight wedges before broiling).
- 4 Meanwhile, in an extra-large nonstick skillet cook mushrooms over medium 6 minutes or until tender and lightly browned, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add cooked grains and the remaining ingredients. Heat through.

- 5 Carefully remove cauliflower from Dutch oven. If you haven't already, cut cauliflower into eight wedges and serve over pilaf.