



GARLIC & ROSEMARY CAULIFLOWER BREAD

BY LUKE HINES



Makes 1 loaf

INGREDIENTS

500g (about 1 small head) cauliflower, outer leaves removed, broken into 4cm florets
185 ml ($\frac{3}{4}$ cup) coconut oil
2 cloves garlic, finely chopped
1 red onion, finely diced
 $\frac{1}{2}$ tsp finely chopped rosemary, plus extra sprigs to garnish
6 eggs, at room temperature, plus 1 extra if needed
100g ($\frac{3}{4}$ cup) coconut flour
1 heaped tsp gluten-free baking powder
2 tsp sea salt
1 tbsp sesame seeds

TIP: Coconut flour can sometimes be a tricky ingredient to work with as it is very absorbent and different brands can vary in density. Whichever you choose, I suggest you use your intuition when cooking with it and add extra eggs or coconut oil to help moisten your ingredients if need be.

METHOD

Preheat oven to 200°C and line a 22cm loaf tin with baking paper.

Place cauliflower florets in a saucepan, cover with water and bring to the boil. Reduce heat to a simmer and cook for 15 minutes, or until florets are soft, then drain and set aside to dry.

Melt 1 tablespoon of the coconut oil in a frying pan over medium heat. Add garlic, onion and rosemary and cook, stirring regularly, for 3–4 minutes, or until onion is caramelised and translucent. Transfer garlic, onion and rosemary mixture to a large bowl and whisk in the eggs. Add coconut flour, baking powder and salt and mix well to combine, adding an extra egg if the mixture looks a little dry. Using a spoon, gently stir through the cauliflower, being careful not to break up the florets as you go (these give the bread its wonderful texture).

Pour mixture into prepared loaf tin, sprinkle over sesame seeds and bake for 45 minutes, or until the top is golden brown and the loaf is set. To test, press down gently on the top of the loaf – if it holds its shape, it's ready. Remove from oven and leave to cool slightly in the tin before turning out, slicing and serving.

Store in an airtight container for up to 5 days in the fridge or freeze for up to 3 months. If not eating straight away, toast under the grill for best results.