

Baked Stuffed Onions with Turmeric Cauliflower and Onion Compote

Cauliflower, being part of the Brassica family, is one of the recommended anti-cancer foods due to its anti-oxidant properties. Similar to other members of the family, these vegetables also contain indoles which protect against breast and colon cancer as well as, sulphur known for its antibiotic and antiviral characteristics. Additionally, according to Traditional Chinese Medicine, cauliflower is supportive to the liver.

Onions also contain compounds, primarily quercetin, that are credited with preventing malignant cell growth. They are high in sulphur helping to purify the body and aiding in metabolism. Onions are also thought to be helpful to diabetics in improving insulin responsiveness. According to TCM, onions can help to lower blood pressure and cholesterol.

Turmeric, due to its curcumin content, is believed to be a strong anti-inflammatory and antioxidant agent. As such, it aids the liver in detoxing and is thought to be cancer preventative.

4 ea. Sweet Onions, 4 inches in diameter
1 ½ gal Boiling, Salted Water
1 ea. Cauliflower
1 tsp. Butter, Unsalted
2 tsp. Olive Oil
1 Tbsp. Turmeric
1 Tbsp. Garlic, Minced
Salt and Pepper to Taste



1. Bring 1 1/2 gallons of water to a boil and add onions, turn down to a simmer and cook to $\frac{3}{4}$ doneness. It takes about 35-40 minutes.
2. Once cooked, slice onions in half in the middle; remove enough of the center leaving part of the root on to make a cup. Leave 3 layers in each half; each onion will make 2 cups, a top and a bottom.



3. Dice the internal portion of the onion, peel and mince the garlic and ginger.



4. Peel leaves from cauliflower, remove 4 florets that will fit in the center of the onion, drop these into the boiling salted water and cook to fork tender - so a fork has little resistance when pressed in. Save water for use in Step 6.



5. Slice the remaining cauliflower.



6. Heat sauté pan large enough to fit the mixture of the diced onions and sliced cauliflower, add butter and olive oil to sauté pan,



7. Add onions and sweat, begin to brown.



8. Add garlic and ginger to the mixture and sweat, season with salt and pepper, add turmeric.



9. Add $\frac{1}{2}$ of the hot broth from the cooking of the onions in Step 1 and the cauliflower. This will create a steam and help to simmer until tender.

10. Remove $\frac{3}{4}$ of the mixture and puree. Taste and check seasoning.

11. Return the puree to the pan.

12. Add the whole florets to the remaining mixture in the pan. Coat the florets with the flavor of the puree.



13. Season the top and bottom of the onion with salt and pepper.



14. Put 2 Tbsp. of the mixture into the seasoned onion bottom.



15. Place cauliflower floret on top.



16. Put 1 Tbsp of mixture on top of floret and pack down. Place seasoned onion top on top.



17. Season the top and sprinkle with salt and pepper.
18. Place in casserole dish with 1 inch of cooking water and bake for 40 minutes. They should be crispy on top.
19. Take remaining mixture from pan and put in blender. Add 1 cup chicken stock and puree to sauce consistency of your liking. Serve with onion as you wish. CHEFS TIP: Use a squirt bottle and squirt on plate in a design before placing the floret on the plate.
20. Serve immediately.

Chef's tip! For a variation add $\frac{1}{2}$ cup golden raisins, to the sweating onions.

