



Pan-Roasted Spiced Cauliflower with Peas

Time: 20 minutes

3 tablespoons ghee, clarified butter or vegetable oil

1 small cauliflower (about 1 1/2 pounds), cored, in 1/2-inch slices

Salt and pepper

1 teaspoon cumin seeds

1 teaspoon black mustard seeds

2 teaspoons grated fresh turmeric or 1 teaspoon ground turmeric

2 to 3 kaffir lime leaves, optional

1 inch-long piece of ginger, peeled and slivered or finely grated

3 garlic cloves, finely chopped

2 serrano chilies, finely chopped, or to taste

1 pound fresh English peas, shucked (about 1 cup) or frozen peas, or 1/2 pound snow peas or sugar snap peas, trimmed

2 to 3 scallions, slivered

Cilantro sprigs, for garnish

Lime wedges, for serving.

1. Heat a large sauté pan or cast-iron skillet over medium-high heat. Add the ghee or oil, and when it is hot, add the cauliflower. Stir until the cauliflower begins to color, 1 to 2 minutes. Season with salt and pepper. Continue stirring until the cauliflower is half-cooked, about 5 minutes, lowering the heat if necessary to keep it from browning too quickly.

2. Add the cumin, mustard seeds, turmeric and kaffir lime leaves, if using. When they begin to sizzle, add the ginger, garlic and chilies. Stir well and add the peas, along with a sprinkle of salt. Cover to let the peas steam until tender, 2 to 4 minutes. Sprinkle with the slivered scallions and cilantro. Serve with lime wedges.

Yield: 4 to 6 servings.

Adapted from a recipe in New York Times.