



Cauliflower and Shrimp Caudin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings rice steamed
- ☐ 2.5 pounds cauliflower cut into 1-inch-wide florets
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 coconut or (without any cracks and containing liquid)
- ☐ 1 tablespoon cumin seeds
- ☐ 3 garlic clove
- ☐ 1 small onion halved lengthwise thinly sliced lengthwise
- ☐ 4 inch to 5 chilies fresh red halved lengthwise

- ☐ 1.5 teaspoons salt
- ☐ 0.5 pound shrimp deveined peeled per pound), , leaving tail and first segment of shell intact, and
- ☐ 1 inch tamarind
- ☐ 1 teaspoon turmeric
- ☐ 13 ounce coconut milk unsweetened canned (preferably Chaokoh brand)
- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 cups water

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ ziploc bags
- ☐ peeler
- ☐ metal skewers
- ☐ cleaver

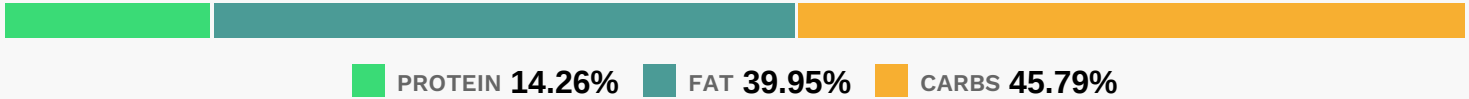
Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Pierce softest eye of coconut with a metal skewer or small screwdriver and drain liquid.
- ☐ Bake coconut 15 minutes.
- ☐ Break shell with a hammer or back of a heavy cleaver and remove flesh, prying it out carefully with tip of a flat-head screwdriver.
- ☐ Remove brown membrane with a sharp paring knife or vegetable peeler.
- ☐ Coarsely chop one third of coconut (reserve remainder for another use) and finely grind in a blender. Measure out 1/2 cup ground coconut (reserve remainder for another use) and purée

with garlic, half of onion, and 1/2 cup water in blender until a paste forms.

- ☐ Cook remaining onion in oil in a wide 4- to 5-quart heavy pot over moderate heat, stirring, until softened, about 5 minutes.
- ☐ Add coconut paste, cumin, turmeric, and chile and cook at a bare simmer (do not let boil), stirring, 3 minutes. Stir in 2 cups water and cook at a bare simmer (do not let boil), uncovered, 15 minutes.
- ☐ Add cauliflower and cook at a bare simmer (do not let boil), uncovered, stirring occasionally, until just tender, 15 to 20 minutes.
- ☐ While cauliflower cooks, toss shrimp with 1/2 teaspoon salt in a small bowl. Gently mash tamarind pulp with remaining 2 tablespoons water in another small bowl until pulp is softened. Force pulp through a sieve into a bowl, discarding seeds and thick fibers.
- ☐ Pat shrimp dry and stir into cauliflower along with tamarind, canned coconut milk, and vinegar. Bring to a bare simmer (do not let boil) and cook until shrimp are just cooked through, about 3 minutes. Stir in remaining teaspoon salt.
- ☐ *Available at Indian markets and Kalustyan's (800-352-3451; kalustyans.com).
- ☐ ·Coconut can be baked and flesh removed 1 day ahead and chilled in a sealed plastic bag.

Nutrition Facts



Properties

Glycemic Index:53.36, Glycemic Load:24.61, Inflammation Score:-10, Nutrition Score:22.614782657312%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 449.19kcal (22.46%), Fat: 20.71g (31.86%), Saturated Fat: 15.93g (99.59%), Carbohydrates: 53.4g (17.8%), Net Carbohydrates: 46.54g (16.92%), Sugar: 6.99g (7.77%), Cholesterol: 60.86mg (20.29%), Sodium: 703.92mg (30.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.27%), Vitamin C: 97.01mg (117.58%), Manganese: 1.59mg (79.58%), Vitamin K: 34.01µg (32.39%), Folate: 126.13µg (31.53%), Phosphorus: 299.82mg

(29.98%), Copper: 0.56mg (27.87%), Potassium: 965.44mg (27.58%), Fiber: 6.86g (27.43%), Vitamin B6: 0.5mg (24.97%), Magnesium: 85.96mg (21.49%), Iron: 3.44mg (19.11%), Vitamin B5: 1.89mg (18.89%), Selenium: 13µg (18.57%), Zinc: 2.13mg (14.19%), Vitamin B3: 2.32mg (11.59%), Vitamin B1: 0.17mg (11.05%), Calcium: 108.89mg (10.89%), Vitamin B2: 0.15mg (8.73%), Vitamin E: 0.56mg (3.71%)