



MORGENSTER

FOUNDED 1711



WINE AND OLIVE ESTATE

CAULIFLOWER FOCACCIA

RECIPE 57/98

What you will need:

- 300g cauliflower, cut into florets
- 375ml ground almonds
- 125ml coconut flour
- 60ml psyllium husks
- 15ml chopped rosemary
- 5ml bicarbonate of soda
- 3ml cream of tartar
- 5ml salt
- 125ml coconut oil, melted
- 125ml coconut cream
- 5ml apple cider vinegar
- 4 eggs, beaten
- 30ml **Morgenster Lemon Enhanced Extra Virgin Olive Oil**
- 60ml **Morgenster Nocellara Green Olives**, pitted and halved
- 1/2 red onion, thinly sliced
- 15ml chopped rosemary



How to prepare:

Chop the cauliflower in a processor.

Place in a bowl and microwave on high for 4 minutes. Remove and cool slightly.

Tip into a clean tea towel and wring out as much water as possible.

Put the cauliflower into a mixing bowl and add the ground almonds, coconut flour, psyllium husks, rosemary, bicarbonate of soda, cream of tartar and salt and mix until combined.

Mix together the coconut oil, coconut cream, vinegar and eggs.

Add to the dry ingredients and mix well.

Spread the mixture into a well-greased 20x30cm oven tray.

Drizzle the top with olive oil and press in the olives. Scatter over the red onion and rosemary.

Bake at 180°C for 25-30 minutes until golden brown.

Remove and cool in pan for 15 minutes before turning out. Cut into squares and serve warm.

Recipe supplied by Angela Day.