

### Ingredients

	Quantity:	Measure:	Ingredients:
	1	Kilogram	Cauliflower
6		Flakes/Seeds/Cloves	Garlic
3		Tablespoon	Olive Oil
200		Grammes	Tomatoes
A		Little	Salt

### Method

Paraboil the cauliflower for five minutes in salted water(or cook in a steamer for ten minutes) then break it into florets. Put the gerlic and oil into a large pan or flameproof dish, heat through and then add the cauliflower, turning it over gently. When it is well softned (about ten minutes) add the puréed tomatoes and then cover. Cook together gently for five minutes so that the flavours combine, taste for salt, remove the garlic and serve hot. Cauliflower is usually paraboiled in order to reduce the smell which many find too strong. If however, the odour doesn't bother you, simply fry the florest in the oil and garlic without parboiling. Cover the pan and cook over a medium heat, gradually adding a few drops of warm water, if necessary.