



# **Golden Roasted Cauliflower with Butter Sauce**



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## Introduction

Golden Roasted Cauliflower with Butter Sauce is a delicious and simple side dish that elevates any meal. Cauliflower, known for its versatility, is roasted to perfection, creating a crispy exterior while remaining tender on the inside. The addition of a rich butter sauce enriches the flavor profile, making this dish irresistible. Perfect for weeknight dinners or special gatherings, this recipe will become a household favorite.

## Detailed Ingredients with measures

Cauliflower: 1 medium-sized head, cut into florets

Olive Oil: 2 tablespoons

Salt: 1 teaspoon

Black Pepper:  $\frac{1}{2}$  teaspoon

Butter: 4 tablespoons

Garlic: 2 cloves, minced

Lemon: Juice of 1 lemon

Parsley: Fresh, chopped for garnish

## Prep Time

15 minutes

## Cook Time, Total Time, Yield

Cook Time: 25 minutes

Total Time: 40 minutes



Yield: Serves 4



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## Detailed Directions and Instructions

### **Preheat the Oven**

Preheat your oven to 425°F (220°C) to ensure it is hot enough for roasting the cauliflower.

### **Prepare the Cauliflower**

Cut the cauliflower into evenly-sized florets. This will help them cook uniformly.

### **Toss with Oil and Seasoning**

In a large bowl, combine the cauliflower florets with olive oil, salt, and pepper. Toss well until the florets are evenly coated.

### **Arrange on a Baking Sheet**

Spread the seasoned cauliflower in a single layer on a baking sheet. Ensure they are not overcrowded to achieve optimal roasting.

### **Roast the Cauliflower**

Place the baking sheet in the preheated oven. Roast for about 25-30 minutes, or until the cauliflower is golden brown and tender, stirring halfway through for even cooking.

### **Prepare the Butter Sauce**

While the cauliflower is roasting, melt butter in a small saucepan over medium heat. Add minced garlic and cook until fragrant, about 1-2 minutes.

See also Crock Pot Chicken

### **Add Lemon Juice and Seasoning**

Stir in lemon juice, and season with salt and pepper to taste. Remove from heat once the ingredients are combined.

### **Combine Cauliflower with the Butter Sauce**

Once the cauliflower is done roasting, remove it from the oven and drizzle the butter sauce over the top. Toss gently to coat the cauliflower evenly.

### **Serve Immediately**

Transfer the roasted cauliflower to a serving dish and enjoy while hot.

## **Notes**

### **Storage**

Leftover roasted cauliflower can be stored in an airtight container in the refrigerator for up to 3 days.

### **Serving Suggestions**

This dish pairs well with grilled meats or can be served as a standalone vegetarian dish.

### **Customization**

Feel free to add different seasonings or herbs to the cauliflower before roasting to suit your taste preferences.





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## Cook techniques

### Roasting

Roasting is a dry cooking technique that utilizes the dry heat of the oven to create a crispy exterior while keeping the interior tender. This technique is ideal for cauliflower, as it enhances its natural sweetness and flavor.

### Blanching

Blanching involves briefly boiling vegetables before subjecting them to an ice bath. This technique is used to soften the cauliflower and preserve its vibrant color before roasting.

### Butter Sauce Preparation

Creating a butter sauce involves melting butter and adding flavor components such as garlic, herbs, and spices. This technique enriches the dish and provides a luscious coating for the roasted cauliflower.

### Seasoning

Effective seasoning enhances the taste of the dish. Incorporate salt, pepper, and other spices to elevate the flavor profile of the roasted cauliflower.

## FAQ

### Can I use frozen cauliflower for this recipe?

It is recommended to use fresh cauliflower for the best texture and flavor; frozen cauliflower may retain too much moisture.



See also Cranberry Cheesecake Pie

**What variations can I try with the butter sauce?**

You can experiment with different herbs, spices, or even add cheese for a distinct flavor in your butter sauce.

**How do I know when the cauliflower is done roasting?**

The cauliflower is done when it is tender and caramelized, typically taking about 25-30 minutes in a preheated oven.

**Can I make this recipe ahead of time?**

Yes, you can prepare the cauliflower ahead of time and reheat it in the oven before serving for best results.

**What dishes pair well with roasted cauliflower?**

Roasted cauliflower pairs well with a variety of main dishes, including roasted meats, grains, and salads.



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## Conclusion

Roasting cauliflower with a delicious butter sauce elevates this vegetable to new heights, making it a versatile side dish that can complement a variety of main courses. The combination of the caramelized edges and rich buttery flavor creates a satisfying and wholesome experience that everyone will enjoy.

## More recipes suggestions and combination

### **Garlic Parmesan Roasted Broccoli**

Add a twist to your vegetable side with garlic and Parmesan for a flavor-packed dish.

### **Spicy Roasted Brussels Sprouts**

For those who enjoy a bit of heat, try roasting Brussels sprouts with chili flakes and a drizzle of balsamic glaze.

### **Herb-Infused Roasted Carrots**

Enhance the sweetness of carrots by roasting them with fresh herbs like thyme and rosemary.

### **Creamy Mashed Potatoes**

Pair your golden roasted cauliflower with a side of creamy mashed potatoes for a comforting meal.

### **Quinoa Salad with Roasted Vegetables**

Include a nourishing quinoa salad featuring assorted roasted vegetables



for added texture and protein.

### **Lemon Garlic Grilled Chicken**

This zesty chicken dish makes a perfect main course to serve alongside the roasted cauliflower.

See also [Loaded Mashed Potato Puffs](#)

### **Sweet Potato Wedges**

Serve sweet potato wedges seasoned with paprika and garlic as a colorful and healthy side dish.



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