

COOK UP DINNER WITH A SIDE OF ENERGY SAVINGS



When you cook delicious meals, you can still get the most out of all your flavours, while trying to use the least amount of

energy. In fact, whether it's at our home, at our business, or even when commuting in between those two, we're keen conservationists. That's why we joined Team Power Smart and we invite you to do the same.

It's easy to do our part. Plus most of all, it's amazing how all the small changes we make... really add up. From our kitchen to yours, we hope you enjoy this recipe from our new cookbook—and discover how tasty conserving energy can be!

Vikram *Meeru*

Vikram Vij and Meeru Dhalwala

Team Power Smart Members and Owners
of Vij's Restaurant, Vancouver, BC

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REMEMBER TO ADD A DASH OF ENERGY SAVINGS!

If your stove has different sizes of elements, match the pan size to the element size. A 15 cm pan on a 20 cm element will waste 40 per cent of the energy produced by the element. If you only have one element size, go with the smaller pot.

SPICY CAULIFLOWER "STEAK"

Serves 6-8/ Prep and Cooking time: 30 minutes depending on the size of the cauliflower

INGREDIENTS

1 head cauliflower,
outside stalks cut off
½ cup cooking oil
1 ½ cups puréed or crushed
canned tomatoes

1 Tbsp finely chopped ginger
1 ½ tsp salt
1 tsp turmeric
1 Tbsp ground cumin
1 Tbsp ground coriander

1 tsp ground cayenne pepper
10 cloves (optional)
3-inch cinnamon stick (optional)

COOKING METHOD

Meeru loves to tease Vikram about two things: how much he loves meat and, after his years of studying in Europe, how she could never be as mannered and proper at a dining table as he is. One evening, when she was in charge of the meal, she made this vegetarian steak as a replacement for his regular meat steak. She wanted to feed him vegetables but (half-jokingly) give him the pleasure of using a fork and steak knife in a proper dining-table setting.

Cut cauliflower, as you would a pie, into 6 pieces if it's a smaller head

and 8 pieces if it's a larger one. Wash and carefully place large cauliflower pieces in a colander to drain. Combine oil and tomatoes in a large wide pot on medium-high heat. (Since the pot is large, you may need to turn it on to high if your stove burner is small.) Add ginger, salt, turmeric, cumin, coriander, cayenne, cloves and cinnamon, stir well and sauté for 3 to 4 minutes, or until oil glistens from tomatoes. Reduce the heat to low while you mix in cauliflower. Carefully place each large piece of cauliflower into the pot and gently stir so that the tomato masala covers all the pieces.

If necessary, use a large spoon to ladle tomato masala into the nooks and crannies of the cauliflower pieces. Increase the heat to medium, cover and cook for 8 to 10 minutes, stirring once halfway through. When you stir, if you notice that the cauliflower isn't cooking, increase the heat. If it's sticking to the bottom of the pot, decrease the heat. Pierce one of the larger pieces with a knife to see if it is soft (not mushy). If necessary, cook cauliflower, covered, for another 1 to 2 minutes. (If florets have broken apart because they're overcooked, don't worry; this dish is still delicious.)

From the book *Vij's at Home—Relax, Honey: The Warmth and Ease of Indian Cooking* © 2010, by Meeru Dhalwala and Vikram Vij. Published by Douglas and McIntyre an imprint of D&M Publishers Inc. Photographs by John Sherlock. Reprinted with permission of the publisher.