

Smoked Cauliflower with Paprika Garlic Marinade

Takes 2 hours, serves 6 as a side dish, uses a kettle BBQ or smoker.

INGREDIENTS

A couple of handfuls of smoking wood chips

1 whole cauliflower

2 tablespoons olive oil

1.5 teaspoons smoked paprika

Half a lemon, juice only

0.5 teaspoon cumin seeds

0.5 teaspoon cayenne pepper

2 garlic cloves, minced

1 tablespoon tomato purée

DIRECTIONS

My basic guide to smoking can be found on my blog, where I show how to smoke on a Weber Go-Anywhere. The same principle applies to all BBQs when hot smoking, using indirect heat. If in any doubt, either have a look at your BBQ instructions, or do a google search for 'hot smoking' or 'indirect cooking' along with your BBQ make.

Place your smoking wood chips in a bowl of water and leave to soak for at least 1 hour.

Trim all of the leaves from your cauliflower, so that you have a whole, plain vegetable.

Mix all of the remaining ingredients together and rub all over the cauliflower, you can do this up to 24 hours in advance.

Fire up your BBQ with a load of charcoal. Once heated, place a water tray filled with tap water underneath the cooking grate, where the cauliflower will be cooked. The cauliflower needs to sit above the water tray, not directly above the coals.

Place your cauliflower above the water tray and throw a handful of your soaked wood chips onto the charcoal. Place the lid back onto the BBQ, you want to aim for a nice gentle trickle of smoke, rather than a raging torrent of it. Add more wood chips if the smoke disappears, also make sure your water bath doesn't dry up, add more hot water if it does. The cooking process should take about 1 hour, test the cauliflower by inserting a knife into it. Aim for a little bit of resistance when you test it. If the knife just slides in unaided, then it's time to whip the cauliflower off the grill. If it's still very firm cook for a while longer and make sure your vents are open to ensure there's still decent heat in the BBQ.

Once finished, I sliced mine like a cake and served on the side of some plain grilled fish. It was a fantastic addition and the great thing about smoking vegetables as opposed to meat or fish is that you don't have to worry about how precise your cooking temperatures and times are, as long as your vegetable is roughly cooked. In that sense, they make fantastic things to smoke for beginners or when you're just trying to learn how smoking works.

