

# Hungarian Layered Cauliflower – Rakott Karfiol



## Ingredients - 4 servings

- 500 g (1lb 1.6oz) minced Free range Pork or Grass-fed Beef
- 2 small heads of cauliflowers - or 1 giant!
- 1 white onion, finely chopped
- 1 clove of garlic, minced, pressed, finely chopped
- 2 tsp paprika powder
- 125 g (4.5oz, 3/4 cup) uncooked white rice
- salt, pepper
- 3-4 tbsp grated cheese - or to taste
- 300 ml (1 1/4 cup) sour cream

## Method

1. Cut the cauliflowers into small florets and cook in salted water until just tender
2. Cook the rice, best if leave it a bit al-dente with still a bit of bite retained. It has to be nearly done, not too hard.
3. Saute the onion on a little oil, add the garlic, minced meat cook and stir to seal the meat a bit, add the paprika, then a splash of water just enough to prevent it burning and cook till the meat is ready.
4. Combine the cooked meat with the (nearly cooked) rice. Now we are ready to do the fun part, the layering.
5. Pre-heat oven to 180 °C (350 °F)
6. Cover the bottom of your dish with a little sour cream, and put a layer of cauliflower down, follow with the meat and rice mixture and cover with another layer of cauliflower.
7. Get your sour cream, spread it on top of the dish to cover evenly, sprinkle the grated cheese on.
8. Cook in the oven for about 30-40 minutes until golden.
9. Serve with salads or pickles, gherkins and some extra sour cream on top.

