

Char-grilled Cauliflower with tomato, dill and capers

First make the dressing, either by hand or in a food processor. Mix together the capers, mustard, garlic, vinegar and some salt and pepper. Whisk vigorously or run the machine while adding half the oil in a slow trickle.

You should get a thick creamy dressing. Taste and adjust the seasoning. Add the cauliflower florets to a large pan of boiling salted water and simmer for 3 minutes only.

Drain through a colander and run under a cold tap to stop the cooking immediately. Leave in the colander to dry well.

Once dry place in a mixing bowl with the remaining olive oil and some salt and pepper. Toss well.

Place a ridged griddle pan over the highest possible heat and leave it for 5 minutes or until very hot.

Grill the cauliflower in a few batches – then once nicely charred, transfer to a bowl. While the cauliflower is still hot, add the dressing, dill, spinach and tomatoes. Stir together well, then taste and adjust the seasoning. Serve warm or at room temperature, adjusting the seasoning again at the last minute.