

Toum – Mediterranean Garlic Sauce

from website www.toriavey.com

We spoke about the use of garlic in macrobiotics. Garlic lowers blood pressure and is balancing for meat eaters. So if you have low blood pressure, use sparingly. When garlic is cooked, the potency drops. It becomes sweet, more like an onion. With this in mind, use your macrobiotic principles coupled with any personal health conditions for a judicious use of garlic.

The link to the original recipe from [Tori Avey](#) makes **a lot** of garlic sauce (5 Cups!) According to her instruction there needs to be enough volume in the food processor to blend properly. So, you can try to reduce the recipe to ¼ and see if it is enough to blend. Her instructions are quite detailed with tips, so please refer to the recipe link.

Below is the recipe for the baked cauliflower. I've made this with and without the toum. It is good both ways. If you like the garlic flavor, you could also probably grate a clove of garlic mixed with some oil and a little salt to brush on or just leave it off.

Mediterranean Inspired Baked Cauliflower

1 head organic cauliflower

Water

Salt

Oil such as safflower, sesame or light olive oil

Toum (optional)

Ground black pepper (optional)

1. Wash the cauliflower head and trim off the end of the stem and all green calyx.
2. Bring 2-2 ½ inched of water to boil in a pot wide enough to house the whole head of cauliflower. If you do not have such a large vessel, the cauliflower head may be cut in half top-to-bottom. Sprinkle salt over the cauliflower.
3. Boil/steam the cauliflower with a lid on the pot, until the center of the head can be pierced with a chopstick or bamboo skewer. The texture should still have a little firmness to hold its shape when sliced.
4. Remove from the water and cool enough to handle. (The boiling water may be used for soup stock.)

5. Preheat the oven to 375°.
6. Slice the cauliflower into 1-inch slabs, top to bottom. Place on an oiled baking sheet.
7. Brush with a little oil and sprinkle with salt. Or if using toun, brush on a little of that and add a sprinkle of salt and optional pepper
8. Bake for about 10 minutes, then turn up the oven to broil and broil for about 4 minutes until the edges of the cauliflower turn a caramel brown.
9. Serve.