

# 2024 UConn Dining Culinary Olympics Winning Recipe

## Honey Lemon Roasted Carrot and Cauliflower Salad

Keith Gilbert

### Ingredients:

2lbs carrots - peeled, bias cut  
1 head of cauliflower  
3 tablespoons olive oil  
Garlic - 3 cloves, sliced  
2 teaspoons lemon juice  
2 teaspoons honey  
1/4 teaspoon salt  
1/4 cup black pepper  
2 cups arugula  
2 cups mixed greens  
1/3 cup dried cranberries  
2 tablespoons sunflower seed  
Parmesan shaved - garnish

### Instructions:

1. Roast carrots for 20 minutes, top with sliced garlic, and roast for 5 minutes.
2. Sear cauliflower steaks 1-2 minutes per side, then roast for 15 minutes.
3. For dressing, combine lemon juice, honey, salt, pepper, and olive oil.
4. Toss carrots with arugula, greens, cranberry and dressing.
5. Top with sunflower seed and parmesan.
6. Coat cauliflower with rosemary orange brown butter.

### Rosemary orange brown butter:

1lb butter  
1/4 cup rosemary, chopped  
1/2 cup honey  
1/2 cup orange juice  
Orange zest, 1 each  
2 tablespoons cumin

1. Mix orange juice and zest with honey and cumin. Reduce by ½.
2. In a separate pan melt butter and simmer until brown. Add rosemary and remove from heat.
3. Combine with orange reduction.