

TOTAL		pend	11/12/2023	7/1/2023	4/1/2023	3/10/2023	2/5/2023	
<b>ORDER</b>	Note	Unit					x4	
Result			pretty good, more spices		sweeter 2 4 TBSP honey; wrapped garlic better; lower temp vs higher.	forgot almond flour; used only 1 TBSP		
Temp	see instructions		heat at 450 convec, lower to 425, turn every 15m x2 then lower to 400 last turn	conv roast 450 x 15 min, then 425 turn every 10 then 5	conv roast 425, turn every 10 then 5	conv roast 425, turn every 10 then 5		
Total Time		approx 45	approx 45					
<b>NOTES BELOW</b>								
Next time			incr spices from 1.5 to 2 TBSP, decr oil by 1 TBSP, more salt					
<b>FINAL CALORIES</b>								
<b>FINAL WEIGHT</b>								
<b>FINAL VOLUME</b>								
1 Cauliflower head	c	16 oz = 1 #	16 oz = 1 #	<b>24 oz</b>	16 oz = 1 #	1 med = 1#	2 med = 2#	
2 Onion fresh or flakes		2.5 large	2.5 large				2 large	
3 <b>Garlic Cloves</b>							1 head (8)	
4 Avocado Oil OR	TBSP	<b>2 AND</b>	3 AND	3 AND		4 OR	2 OR	
4 Coconut Oil	TBSP	3	3	3		4	2	
<b>POWDER VOLUME</b>		TBSP	<b>2.0</b>	1.5	2.0	1.5	1.0	<b>4.5 oz</b>
<b>Basil</b>								
5a Cardamon	tsp						1 1/2	
5b Coriander	tsp						1 1/2	
5c Cumin	tsp						1/2	
5c Curry	TBSP						2 T 1	
5e Fenugreek	tsp						2 1	
5f Garlic Powder	tsp						2 1	
5g Ginger	tsp						2 1	
5r Mustard	tsp		+ 1/2 (in mix)				---	
5h Onion Powder	tsp						2 1	
5s Paprika last, color	tsp						1 1/2	
5i Pepper, Black	tsp						1 1/2	
5j Pepper, Red	tsp						1/16 pinch	
5k Rosemary	tsp						1 1/2	
5l Sage	tsp						1 1/2	
5m Salt	tsp		+ 1/2 (end)				3 1.5	
5n Sugar	tsp						4 2	
5o Thyme	tsp						1 1/2	
5p Turmeric	tsp						1 1/2	
5q Yeast, Nutritional	tsp						2 1	
6 Honey	TBSP	4	4	5	4	1.3	4 2	
7 Almond Flour	TBSP	1.6	1.6	1.6	1.3	1.3	4 2	
F Lemon Juice	TBSP							
F Lime Juice	TBSP							
F Apple Cider Vinegar	TBSP							
F White Vinegar	TBSP							
F Rice Wine Vinegar	TBSP							
F Olive Oil	TBSP							
F Sesame Oil	TBSP							
F Toasted Sesame	tsp							
<b>Directions</b>								
1) Pre-heat oven to 450, or convection roast to 425								
2) 4 Oil, then 5 powders, then 6 honey, then 7 almond flour last								
3) After putting in oven lower 25 degrees (425/400).								
4) Turn every 15m x 2, then 10, then lower by 25 (400/375) for last turns at 5 min								
5) Adjust salt at end								
c: cauliflower, 1 organic head yields 22 oz, conventional 32 oz								
<b>Notes</b>								
11/12/2023	450 convection too hot!							
4/1/2023	4 TBSP honey rather than 1.3, half at 450 > 400, 2nd half at 350 > 300 conv roast; garlic left wrapped							