

Ready for breaded cutlets of a different kind? Cauliflower!

By Sara Moulton
The Associated Press

Let's say one of your New Year's resolutions is to eat healthier and lose some weight. Join the crowd, right? In practice, what we probably mean — among other things — is that we plan to eat more vegetables and less meat. It's a challenge. But if you try this dish — a wonderful vegetarian version of breaded veal (or pork or chicken) cutlets swimming in a marinara sauce — you will see how easy and satisfying it can be to turn a resolution into reality.

You start by slicing a whole head of cauliflower into cutlets. The idea is to end up with thick slabs of the vegetable. One easy method for doing this is to cut the head in half down the center, then turn each half on its cut side and cut the halves into 1/2-inch-thick slabs. There will always be a few loose bits from the ends, but those also can be breaded and cooked as described below.

You'll want to take care with the breading, too. It's a three-step process: dust the steaks lightly with cornstarch, coat them well with an egg mixture, then finish them with a layer of breadcrumbs. This is standard operating procedure among culinary pros. The three layers provide a more substantial crust than any other single coating or combo of coatings.

Now it's time to brown your vegetable cutlets. You could do it in a skillet — just as you would a breaded meat cutlet — but that would require a ton of oil (those breadcrumbs just soak it up). And remember, it's the New Year and you're on a new path. So we bake them instead, which requires a lot less oil. The key is to place the cutlets fairly close to the heat source. In my electric oven that's the top of the stove. If they're not properly browned at the end of the



VEGETARIAN VERSION. Pictured is a serving of Breaded Cauliflower Cutlets with Marinara, a wonderful vegetarian version of breaded veal (or pork or chicken) cutlets swimming in a marinara sauce. (AP Photo/Matthew Mead)

prescribed cooking time, just leave them in the oven a little longer.

Then dig in. The biggest flavor is going to come from the marinara sauce. Your brain likely won't care at all whether the cutlet is veal or vegetable. But your body will thank you.

Sara Moulton is host of public television's "Sara's Weeknight Meals." She was executive chef at Gourmet magazine for nearly 25 years and spent a decade hosting several Food Network shows, including "Cooking Live." Her latest cookbook is Home Cooking 101.

Breaded Cauliflower Cutlets with Marinara

Start to finish: 1 hour, 15 minutes (45 minutes active)
Servings: 4

- 1/4 cup extra-virgin olive oil
- 2 teaspoons minced garlic
- 1 large head cauliflower
- 3 large eggs, lightly beaten
- 1/2 cup fat-free plain Greek yogurt
- 1 teaspoon kosher salt, divided
- 1/2 cup cornstarch
- 1 3/4 cups panko breadcrumbs
- 1 ounce grated Parmesan cheese
- 1 1/2 cups speedy marinara (recipe below) or store-bought marinara, heated

Heat the oven to 400° Fahrenheit.

In a small bowl, combine the oil and garlic. Set aside.

Pull off any leaves from the stem end of the cauliflower and trim off just enough of the stem so the cauliflower stands flat on the counter. Slice the cauliflower head in half down the center top to bottom. One at a time, set each half onto its cut side. Starting from one end of each half, slice crosswise to create 1/2-inch-thick slices. This will yield three to four cutlets from the center of each half, with the small ends being chunks. The chunks can be prepared as the cutlets, or reserved for another use.

In a shallow bowl or pie plate, whisk together the eggs, yogurt, three tablespoons of water, and a 1/2 teaspoon of salt.

On a sheet of kitchen parchment paper, combine the cornstarch with the remaining 1/2 teaspoon of salt, stirring the mixture with a fork to combine. On a second sheet of parchment, combine the panko with the cheese, stirring with a fork.

One at a time, coat the cauliflower cutlets (and trimmings, if using) on both sides with the cornstarch, knocking off the excess. Next, dip each in the egg mixture, coating them on both sides and letting the excess drip off. Finally, coat them with the panko mixture, patting the crumbs on well. Set aside.

Strain the garlic oil through a mesh strainer, pressing hard on the garlic to get out all the oil. Discard the garlic (or reserve for another use).

On a rimmed baking sheet, spread half of the oil in an even coating. Set the baking sheet on the oven's top shelf and heat for five minutes. Carefully remove the pan from the oven and quickly arrange the prepared cauliflower on it in a single layer. Return the pan to the oven and bake for 15 minutes.

Remove the pan from the oven, drizzle the tops of the cauliflower evenly with the remaining oil, turn them over, then bake for another 15 minutes. Divide the cauliflower among four serving plates, then serve topped with marinara.

Nutrition information per serving: 490 calories (190 calories from fat, 39 percent of total calories); 21 g fat (4.5 g saturated, 0 g trans fats); 170 mg cholesterol; 1,110 mg sodium; 58 g carbohydrate; 6 g fiber; 8 g sugar; 17 g protein.

Speedy Marinara

Start to finish: 35 minutes (10 minutes active)
Makes about 2 1/2 cups

- 2 large cloves garlic, smashed
- 1 tablespoon extra-virgin olive oil
- Hefty pinch red pepper flakes
- 28-ounce can plum tomatoes (preferably fire-roasted), chopped
- Kosher salt

In an unheated medium saucepan, combine the garlic and oil. Turn the heat to medium and cook, turning over the garlic several times, until it is just golden, four to six minutes. Add the red pepper flakes and cook, stirring, for 30 seconds. Add the tomatoes and a hefty pinch of salt, then bring to a boil, reduce the heat, and cook at a brisk simmer until the sauce is reduced to about 2 1/2 cups, 20 to 25 minutes. Discard the garlic. Season with salt.

Nutrition information per 1/2 cup: 60 calories (25 calories from fat, 42 percent of total calories); 2.5 g fat (0 g saturated, 0 g trans fats); 0 mg cholesterol; 460 mg sodium; 8 g carbohydrate; 3 g fiber; 4 g sugar; 1 g protein.

Honk if you want to know what the 'om telolet om' meme means

JAKARTA, Indonesia (AP) — Honk if you want to know what the internet's latest meme, "om telolet om," means.

The expression was started by Indonesian children standing on the side of the road yelling for bus and truck drivers to toot their horns, which play a series of jingle-like beeps.

Internet videos showed Indonesian kids holding signs and jumping up and down with each passing bus while calling out: "Om telolet om! Om telolet om!" When the driver lays on the horn, the children jump and shriek with delight.

Once the videos went viral, so did the expression. International DJs have released mixes with om telolet om honks in them, and social-media feeds have been spammed with om telolet om messages followed by bus icons. Some people have posted videos online in New York and other cities yelling out "om telolet om!" to passing trucks.

Many, though, still ask what it means. The expression loosely translates to "uncle, honk, uncle" ("telolet" is an onomatopoeia for the festive beeps).

A video posted on Instagram from Indonesia showed police officers dancing in the street when passing busses and trucks blasted their horns.

Despite all the fun, *The Jakarta Post* reported that police in Jepara, Indonesia, where children first started yelling the phrase at busses, have banned the practice for safety reasons.

North China cities choked by smog shut factories, stop cars

Continued from page 5

Authorities in Jinan, south of Tianjin, raised that city's alert to the second-highest level after the city "basically disappeared" in the haze, the newspaper *Jilu Evening News* reported. Photos on its website showed downtown office towers as ghostly silhouettes at midday.

Beijing and other cities have tried to improve air quality by switching power plants from coal to natural gas and rolling out fleets of electric busses and taxis.

Associated Press writer Nomaan Merchant and researcher Liu Zheng contributed to this report.

SAVE THE DATE!

The Asian Reporter Foundation's 19th Annual Scholarship & Awards banquet will be held Thursday, April 20, 2017 at Portland's TAO Event Center.

The awards banquet features:

- ♦ Most Honored Elder Awards
- ♦ Exemplary Community Volunteer Awards
- ♦ College Scholarship Awards
- ♦ Asian cuisine
- ♦ Cultural entertainment
- ♦ Silent auction

For more information, or to preorder tickets, call (503) 283-0595, e-mail <ARFoundation@asianreporter.com>, or visit <www.ARFoundation.net>.

Advertise your business, service, or recruitment advertisement in The Asian Reporter!

For more information, contact our Advertising Department at (503) 283-4440 or <ads@asianreporter.com>, or visit <www.asianreporter.com>.