

Courtesy of Bey Mediterranean Kitchen + Bar

STARTERS & SIDES Bey Mediterranean

Crispy honey harissa cauliflower from Bey Mediterranean

By Sarra Sedghi · Rough Draft Atlanta, 5/19/2026

Ingredients

CAULIFLOWER

- [ ] 1 medium head of cauliflower, cut into florets
- [ ] Neutral oil for frying
- [ ] Salt, to taste

HONEY HARISSA SAUCE

- [ ] 1/2 cup harissa paste
- [ ] 3 Tbsp garlic confit
- [ ] 2 Tbsp honey
- [ ] 1/2 tsp kosher salt
- [ ] 1 Tbsp lemon juice
- [ ] 2 to 3 Tbsp warm water
- [ ] 1/2 Tbsp garlic confit oil or olive oil

GARNISHES (OPTIONAL)

- [ ] Chopped parsley or mint

Directions

1. **Fry the cauliflower:** Heat frying oil to 350°F.
2. Working in batches, fry the cauliflower florets until deeply golden brown and crisp around the edges, about 4 to 5 minutes.
3. Transfer to a paper towel-lined tray and season lightly with kosher salt while still hot. (For a lighter version, roast at 425°F with olive oil until caramelized and crisp.)
4. **Make the sauce:** Combine harissa, garlic confit, honey salt, lemon juice, and warm water in a blender or food processor. Blend until smooth and velvety.
5. If the sauce feels too thick, loosen it with garlic confit oil or olive oil until glossy and spoonable.
6. The sauce should taste slightly bold and spicy on its own. (It mellows beautifully once tossed with the hot cauliflower.)
7. **Toss and serve:** Place the warm cauliflower in a large bowl and toss with enough sauce to coat evenly without drowning the florets.

- [ ] Toasted sesame seeds or crushed pistachios
- [ ] Labneh, whipped feta, or tahini for serving

8. Spread labneh, whipped feta, or tahini onto the base of a serving plate, if desired, then pile the cauliflower on top.
9. Finish with fresh herbs, toasted sesame seeds, or crushed pistachios.
10. Serve immediately.

The story

This week, we're sharing a recipe for crispy honey harissa cauliflower, one of the most-ordered dishes at Bey Mediterranean Kitchen + Bar in Roswell.

"In Lebanese and Mediterranean cooking, cauliflower is something many of us grew up eating in simple forms — roasted, fried, or paired with tahini," said executive chef and owner Marc Mansour. "We wanted to take that familiar ingredient and elevate it into something modern and deeply craveable, while still keeping the soul of the flavors intact."

Mansour recommends sourcing good-quality harissa paste from an international or Mediterranean market. The restaurant uses Tunisian brand Harissa du Cap Bon.

You can also make your own garlic confit by slowly cooking peeled garlic cloves in olive oil over medium heat until soft and spreadable. If you'd rather not use the stove, you can make the garlic confit in the oven or a slow cooker.

Fresh cauliflower is key to this recipe. "Tighter florets and fresher cauliflower will fry and caramelize much better," he said. Mansour advises not overcrowding the fryer or pan with cauliflower. The cruciferous vegetable needs space to become crispy.

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