

CAULIFLOWER

Storage Tips

- Cauliflower does not store well. It can take on a strong odor and flavor.
- Refrigerate in a plastic bag. It will keep for about one week.

Culinary Tips

- Soak head in cold, salted water for a few minutes and then rinse
- Remove tough outer leaves and cut out core for even cooking. The head can be left whole or cut into pieces
- Steam the whole head for 15-20 minutes or 5-10 minutes for florets. Cook until tender but not soft. Stop the cooking process by running under cold water.
- Cut up raw florets and serve with dip
- Marinate steamed cauliflower in a favorite dressing along or with other veggies. Serve chilled.
- Top with a lemon butter sauce or sprinkle with grated cheese.
- Use cauliflower puree for a creamy soup base or soup thickener.

Parmesan Crusted Cauliflower

1 head of cauliflower
1 egg
1 tablespoon melted butter or margarine
1 tablespoon dried thyme
1/2 teaspoon ground white pepper
About 1/2 to 3/4 cup shredded or grated parmesan cheese

Put a large pot of salted water on to boil, large enough that you could submerge the entire head of cauliflower. Preheat oven to 375°. Remove outside green leaves and wash head. Turn head upside down and using a small paring knife try to “core out” the bulk of the core without breaking the head apart. If you’re uncertain, just cut a deep X into the core. Submerge head into boiling water and cook for about 8 minutes. Using tongs or a carving fork, carefully remove the head from the boiling water and let drain in a colander. Place the head, floret side up in a casserole dish or baking pan that the head fits into snugly. In a small bowl, beat egg, add butter or margarine, thyme and ground white pepper. Using a pastry brush, brush the egg mixture over the entire head. Sprinkle the cheese over the head, gently pressing to form a crust, especially towards the sides. Bake for about 20 to 25 minutes or until fork tender. Finish under broiler briefly for a brown crusty top. From *Julie A. Ulmer*

Pasta with Cauliflower

4 oz parmesan cheese, freshly grated
2 cloves garlic, coarsely chopped
1 large head cauliflower
2 Tbs olive oil
freshly ground black pepper (or red pepper flakes)

1. Salt and boil the pasta water. Meanwhile, grate the cheese, and peel and chop the garlic.
2. Wash the cauliflower, and cut or break into florets. Steam or blanch the florets until they are cooked through, about 5 minutes for steaming or 3 minutes for blanching.

3. Cook the pasta until al dente (limp but still toothy), then drain.
4. Heat the oil in the empty pasta pot over a low flame. Add the garlic and saute briefly, then add the cauliflower.
5. Mash the cauliflower, then add the pasta and stir. Next, add the parmesan and stir some more. You'll probably want to add some additional olive oil as well.
6. Season with a few grindings of black pepper, or some red pepper flakes if you prefer your food a little spicier.

From *David Rubel, WMAC What's for Dinner radio show host and chef*

Cauliflower Pie

3 medium potatoes
2 TBS minced onion
Salt and pepper
1 large head of cauliflower
2 TBS butter
1 cup chopped onion
2-3 cloves garlic, minced
1 TBS chopped fresh basil
1 egg
4-6 ounces grated cheddar cheese

Heat oven to 375 degrees. Boil potatoes 10 minutes; drain and let cool. Shred (or mash) them and mix in minced onion plus salt and pepper to taste. Press into a buttered 9-inch pie pan; bake 30 min. Separate cauliflower into florets. Steam 10 minutes, then remove half of the florets and set aside. Steam and rest another 10-20 minutes then mash them in a bowl. Heat butter in skillet; add onions and garlic and sauté until tender. Mix in basil, mashed cauliflower, and salt and pepper to taste. Saute another minute. Remove from heat and stir in egg. Spread this mixture in the crust. Sprinkle cheese over cauliflower mixture. Distribute partially steam cauliflower florets on top. Bake 30-35 minutes. Note: This recipe also works well with broccoli. Eight servings.

From *Asparagus to Zucchini*