

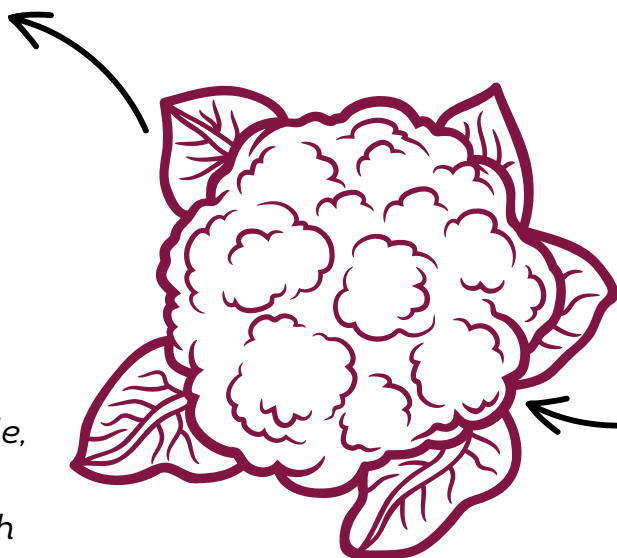
CAULIFLOWER

WHAT PARTS CAN I EAT AND HOW?

THE LEAVES

Enjoy raw in salads or sandwiches, or cooked (makes them sweeter!) in braises, soups and stews.

They can be used in place of collards, kale, cabbage, or chard in many recipes, though they have their own distinct flavor!



THE FLORETS

- Raw, as is or in a salad
- In a stir-fry
- In a soup
- Roasted
- Steamed

THE STALK

Remove the outside layer with a pairing knife or vegetable peeler. Cut into bite-sized pieces or grate, and use as 'rice,' add to a slaw, or sauces!

WHEN IS IT IN SEASON?



Cauliflower is in season from **June to November!**

STORAGE



Raw cauliflower needs air circulation to stay fresh, so loosely cover with a plastic bag. Poke holes in the bag or keep it open to maintain freshness. If freezing, make sure to blanch the cauliflower first!

CAULIFLOWER RICE

SERVES 4

INGREDIENTS:

- 1 large head of cauliflower
- 1 tablespoon oil



INSTRUCTIONS:

1. Wash cauliflower and dry thoroughly. Remove all greens.
2. Cut cauliflower into large chunks. Grate them into "rice" using a box grater or food processor.
3. Transfer to a clean towel or paper towel. Press to remove any excess liquid.
4. Saute cauliflower rice in a large skillet over medium heat with 1 tbsp of oil. Cover with a lid to steam the "rice" until tender, for about 5 - 8 minutes. Stir occasionally.
5. Season the "rice" as desired, for example with soy sauce or salt and pepper. Serve it as it is, or use it in any stir-fry or fried rice recipes as rice substitutes!

Recipe adapted from Minimalist Baker

ALOO GOBI (INDIAN SPICED POTATOES & CAULIFLOWER)

SERVES 4

INGREDIENTS:

- 1 head cauliflower, cut into florets
- 1 ¼ lb Yukon gold potatoes, peeled and cut into ½ inch pieces
- 5 tablespoons oil
- ½ teaspoon cumin seeds
- ¾ teaspoon salt
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 2 teaspoon fresh chilis, minced
- 2 teaspoon minced peeled fresh ginger
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon turmeric
- ½ cup water

Recipe adapted Smitten Kitchen

INSTRUCTIONS:

1. Preheat oven to 425F.
2. Toss cauliflower and potatoes together in a bowl with 3 tbsp oil, cumin seeds and ¼ tsp salt.
3. Spread in baking pan and roast, stirring occasionally until cauliflower is tender, about 20 minutes.
4. While vegetables are roasting, cook onion, garlic, chili and ginger in remaining 2 tbs oil over moderate heat, stirring frequently until very soft and beginning to turn golden, about 8-10 min.
5. Add ground cumin, coriander, turmeric, and remaining ½ tsp salt and cook, stirring constantly for 2 min. Stir in water, scraping up any brown bits from bottom of the skillet, then stir in roasted vegetables. Cook, covered, stirring occasionally for 5 min.