

Cauliflower

Cauliflower was bred from broccoli. It was selected for delayed flower bud formation. The white "curd" is actually a dense array of flower stalks! It serves as a good source of vitamin B, proteins, phosphorus and potassium.



TIPS:

Short-term Storage: Cauliflower will develop dark spots within hours of getting tiny cuts and scratches on the "curd" from harvest and packing. Just cut any spots that may have developed and store or cook immediately. Will not store well for more than a few days.

Long-term Storage: See Broccoli

General Cooking Info: Cauliflower takes very well to baked dishes with cheese involved. It is also good steamed. Of course almost any other cooking method can be applied to cauliflower. The cooked curd can be pureed to a very smooth consistency which lends itself to sauces and creamy dishes.

Growing info: See Broccoli.

Common Problems: See Broccoli



purple cauliflower



orange cauliflower

Baked Whole Cauliflower

1 large head cauliflower
 1/2 cup seasoned bread crumbs
 2 tablespoons grated Parmesan cheese
 1/4 cup margarine, melted
 1/8 teaspoon garlic powder
 1/8 teaspoon salt
 1 pinch red pepper flakes
 1 pinch dried oregano

1. Clean cauliflower, and trim off leaves and any brown spots. Place the whole head of cauliflower into a steamer basket, place the basket in a large pot, and add one inch of water. Cover, and bring to a boil over medium heat. Cook for about 20 minutes or until tender.

2. Preheat the oven to 375 degrees F (190 degrees C). In a medium bowl, mix together the bread crumbs, Parmesan cheese, melted margarine. Season with garlic powder, salt, red pepper flakes, and oregano, and mix well. Place the head of cauliflower into a baking dish, and coat with the breadcrumb mixture.

3. Bake for about 10 to 15 minutes in the preheated oven, or until golden brown.

from Allrecipes.com

Roasted and Mashed Cauliflower

2 heads cauliflower, core removed, cut into florets
 1 tablespoon olive oil
 4 cups whole milk
 1 teaspoon salt
 1 tablespoon unsalted butter
 1/2 bunch chives, minced

Preheat oven to 350 degrees F.

On a sheet tray, spread 1/4 of the florets with the oil, season with salt and bake until caramelized, about 25 minutes. Meanwhile, combine remaining cauliflower, milk and half a teaspoon of salt in a medium saucepan over medium heat. Bring mixture to a simmer, cover, and cook until cauliflower is tender, about 20 to 25 minutes. Strain cauliflower from milk mixture, reserving both. Transfer cauliflower to a blender. Add remaining 1/2 teaspoon of salt and butter to the blender. Add half of the reserved milk liquid. Secure top on blender and puree mixture until smooth. If mixture is too thick, thin by adding some of the remaining liquid. Season, to taste. Serve in a large serving bowl topped with caramelized florets and chives.

Cauliflower Gratin

1 (3-pound) head cauliflower, cut into large florets
 Kosher salt
 4 tablespoons (1/2 stick) unsalted butter, divided
 3 tablespoons all-purpose flour
 2 cups hot milk
 1/2 teaspoon freshly ground black pepper
 1/4 teaspoon grated nutmeg
 3/4 cup freshly grated Gruyere, divided
 1/2 cup freshly grated Parmesan
 1/4 cup fresh bread crumbs

Preheat the oven to 375 degrees F.

Cook the cauliflower florets in a large pot of boiling salted water for 5 to 6 minutes, until tender but still firm. Drain.

Meanwhile, melt 2 tablespoons of the butter in a medium saucepan over low heat. Add the flour, stirring constantly with a wooden spoon for 2 minutes. Pour the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly, for 1 minute, or until thickened. Off the heat, add 1 teaspoon of salt, the pepper, nutmeg, 1/2 cup of the Gruyere, and the Parmesan.

Pour 1/3 of the sauce on the bottom of an 8 by 11 by 2-inch baking dish. Place the drained cauliflower on top and then spread the rest of the sauce evenly on top. Combine the bread crumbs with the remaining 1/4 cup of Gruyere and sprinkle on top. Melt the remaining 2 tablespoons of butter and drizzle over the gratin. Sprinkle with salt and pepper. Bake for 25 to 30 minutes, until the top is browned. Serve hot or at room temperature.