

Cauliflower



Background

- Cauliflower pairs well with strong flavors like cumin, basil, mustard, thyme and turmeric.
- Cauliflower is a cruciferous vegetable that is available year-round and can be prepared a variety of ways.
- Cauliflower comes in many different varieties with colors like green, orange, and purple in addition to the well-known white color.
- Cauliflower is said to have originated in ancient Asia and be staple in King Louis XIV's court in the 16th century.
- Although introduced to North America in the 1800's, cauliflower was not commercially available until the 1920's.

Nutritional Value

- Cauliflower is a very good source of fiber, vitamin C, vitamin A, folate, and omega-3 fatty acids.
- Cauliflower is high in glucosinolates which are compounds that help prevent cancer and give off the sulfurous smell when cooking cauliflower.
- Low in calories but high in fiber, cauliflower helps in weight loss by keeping you full and reducing constipation.
- Cauliflower contains sulforaphane which helps protect eye health and reduce blindness, cataracts, and macular degeneration.

How to Shop

- Choose cauliflower that has a creamy white color with densely packed florets free of blemishes, brown spots, or wet spots. If the cauliflower has a strong smell, it is past its prime.
- If the leaves are still attached, they should be vibrantly colored and fresh.
- Cauliflower is available year-round, although its peak season is Fall.

How to Grow

- Cauliflower does best in fertile soil that is constantly moist. When planting cauliflower seeds, plant 3-6 inches apart and up to 1/2 an inch deep.
- Cauliflower requires consistently cool temperatures to grow, preferably around 60 degrees Fahrenheit and at least 6 hours of sun a day.
- After the head is around 2 to 3 inches in diameter, begin blanching process. The cauliflower will be ready to harvest 7-12 days after blanching.



How to Store

- Store cauliflower head in a plastic bag in the refrigerator for up to a week.
- For long-term storage, you can freeze or pickle cauliflower heads.

The Nourish Program provides a unique training for students and healthcare professionals utilizing a seed to plate initiative.

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Cauliflower Mash

Ingredients

- 1 each Head cauliflower
- 3 cloves Cloves Garlic
- 1 Tbsp Olive oil
- 3 Tbsp Sour Cream
- 1 Tbsp Chives
- 1 tsp Oregano
- 1 tsp Thyme
- To taste Salt and pepper

Equipment Needed

- Knife and Cutting Board
- Medium Pot w/ lid
- Medium Skillet
- Food processor

Directions

- Mince garlic, chop chives
- In medium pot, boil enough water to cover cauliflower. Chop cauliflower into quarters, cover, and boil about 10 minutes
- Meanwhile, heat olive oil in small skillet over medium heat; cook garlic about 2 minutes
- Drain cauliflower and add to food processor
- Add olive oil with garlic, sour cream, oregano, thyme, salt and pepper
- Garnish with chives

Helpful Tips

- For a creamier texture, can use cream cheese
- Can also use a stick blender after you drain the cauliflower instead of transferring it to a food processor
- Make sure to drain all excess water after boiling to ensure a thicker consistency

Nutrition Information Available Upon Request
www.nourishprogram.org

Riced Sriracha Lime Cauliflower

Ingredients

- 1 each Head Cauliflower
- 1 Can Black beans
- 1 Tbsp Lime Juice
- 1 Tbsp Olive Oil
- 1 tsp Sriracha
- 1 tsp Cumin
- To taste Salt and Pepper

Equipment Needed

- Knife and cutting board
- Food Processor
- Medium Skillet
- Spatula

Directions

- Cut head of cauliflower into quarters
- Put cauliflower in food processor w/ grater attachment and grate cauliflower into the size of rice
- Remove excess moisture by transferring to paper towel and patting down
- Heat skillet with olive oil over medium heat
- Add riced cauliflower and cumin. Cook for 3-4 minutes
- Drain black beans and add to skillet. Add lime, sriracha, and Cook another 5 minutes. Salt and pepper to taste.

Helpful Tips

- You can serve this dish on a tortilla and add other favorite vegetables such avocado and tomatoes to make a taco
- You can use a box grater if you don't have a food processor

Cauliflower and Potato Aloo Gobi

Ingredients

- 1 each Head Cauliflower
- 3 small Potatoes
- 1 large Onion
- 16 oz Can Diced Tomatoes
- 2 tbsp Vegetable Oil
- 1 Tbsp Fresh grated Ginger
- 2 tsp Turmeric
- 2 tsp Garam Masala
- 1 tsp Salt and pepper

Equipment Needed

- Non-stick skillet w/ lid
- Knife and cutting board
- Measuring spoon and cups

Directions

- Chop cauliflower and potatoes into bite sized pieces
- Chop onions
- Add oil to skillet over medium heat. Add onion and cook 2-3 minutes
- Add turmeric, garam masla, ginger, and tomatoes, stir.
- Add potatoes and cauliflower to the sauce and mix thoroughly
- Cover and allow to simmer for 20 minutes

Helpful Tips

- You can experiment with different flavors by adding more seasonings such as coriander and garlic
- If the pan seems to be sticking, you can add a little water with the can of tomatoes