

Recipes... CAULIFLOWER



NOTES & TIPS: Cauliflower should be left unwashed when storing. To prepare florets from a whole head of cauliflower, remove outer leaves. Slice off the thick stem. With the head upside down, hold your knife at a 45° angle and slice into the smaller stems with a circular motion to remove a “plug” from the center of the head. Break or cut florets into the desired size. A 2-pound head of cauliflower yields about 8 cups bite-size florets.

CAULIFLOWER & CHEESE BAKE

1 large head of cauliflower, about 1 1/2 to 2 pounds, cut into flowerets
4 tablespoons (2 ounces) butter
1/4 cup all-purpose flour
1/2 teaspoon salt
1/8 teaspoon ground black pepper
2 cups milk
1 tablespoon Dijon mustard
1 1/2 cups (6 ounces) Cheddar cheese, mild or sharp

TOPPING:

1 cup soft fresh bread crumbs
1 tablespoon fresh chopped parsley, optional
1/2 teaspoon ground paprika
1 to 2 tablespoons melted butter

Steam cauliflower until just tender, about 6 to 8 minutes. Drain and set aside. Grease a 2-quart baking dish. Heat oven to 350°.

In a medium saucepan, heat butter over medium heat. Add flour and stir until smooth and just bubbly. Add salt, pepper, and milk. Cook the sauce, stirring, until thickened and bubbly. Add the mustard and cheese and continue cooking, stirring, until cheese is melted.

Combine the cauliflower with sauce and spoon into the prepared baking dish.

Combine topping ingredients and sprinkle over the cauliflower mixture. Bake for 15 to 20 minutes, until the casserole is bubbly and topping is browned.

SKILLET CAULIFLOWER & HAM

2 tablespoons vegetable oil
1 small clove garlic, minced
2 teaspoons fresh ginger root, minced
1 head cauliflower, in florets, halved
1 bunch green onions, sliced
1 1/2 cups cooked ham, coarsely chopped
3/4 cup chicken broth
1 tablespoon cornstarch
dash salt, to taste
2 teaspoons soy sauce

Saute garlic and ginger in a large skillet. Add cauliflower florets, sliced onion, and chopped ham; cook for 5 minutes over high heat, stirring. Combine remaining ingredients and add to the skillet. Stir constantly over medium heat until thickened. Serve.

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BROCCOLI & CAULIFLOWER CASSEROLE

2 cups water
1/2 teaspoon salt
1 1/2 to 2 pounds of broccoli and cauliflower pieces
milk
4 to 5 tablespoons butter
4 tablespoons flour
salt and pepper to taste
dash nutmeg, optional
2 tablespoons fine dry bread crumbs
1 to 2 tablespoons grated Parmesan cheese
1/8 teaspoon paprika

In a large saucepan, bring water and salt to a boil. Add broccoli and cauliflower; cook just until crisp-tender. Drain, reserving liquid. Add milk to the vegetable liquid to measure 2 1/2 cups.

Turn vegetables into a shallow 2-quart baking dish. Melt 3 tablespoons of butter in the saucepan over medium heat. Blend in the flour, stirring until smooth and bubbly. Gradually stir in milk mixture. Cook, stirring constantly, until thickened and smooth. Season with the salt, pepper, and nutmeg. Pour sauce over broccoli and cauliflower. Dot with remaining 1 to 2 tablespoons of butter. Combine bread crumbs, Parmesan cheese, and paprika; sprinkle over vegetables. Bake at 450° for about 20 minutes, until casserole is bubbly.

SMASHED CAULIFLOWER

1 large head cauliflower, cut into florets
3 cups chicken broth
3 tablespoons butter
1 cup shredded white Cheddar cheese
1/4 cup grated Parmesan cheese
salt and pepper to taste

Bring cauliflower and chicken broth to a boil in a large saucepan over high heat. Reduce heat to medium, cover, and simmer for 10 minutes. Uncover the saucepan and increase heat to medium-high. Allow cauliflower to simmer until soft and the cooking liquid has reduced by half, about 10 minutes. Remove cauliflower from the heat, and add the butter, Cheddar cheese, and Parmesan cheese. Mash with a potato masher until the cheeses have melted and the cauliflower is smooth, then season to taste with salt and pepper.

COMPANY CAULIFLOWER

1 head cauliflower
3/4 cup sour cream
3/4 cup shredded Cheddar cheese
1-1/2 teaspoons butter
1/2 cup bread crumbs

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch casserole dish. Break cauliflower into florets, place in large covered saucepan and steam until tender. Place cauliflower in casserole dish; gently stir in sour cream and cheese. In a saute pan over medium heat, melt butter; add bread crumbs and evenly coat. Sprinkle bread crumbs over cauliflower mixture and bake for 25 to 30 minutes.

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CREAMY CAULIFLOWER SALAD

1 head cauliflower, cut into florets
1/2 cup grape tomatoes, quartered
3 tablespoons bacon bits
1/4 cup shredded Cheddar cheese
3 hard-boiled eggs, chopped
1 cup mayonnaise
1/3 cup sugar
2 tablespoons vinegar
1 tablespoon lemon juice

Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop. Toss cauliflower florets, tomatoes, bacon bits, cheese, and eggs together in a bowl. In a separate bowl, dissolve sugar into vinegar and lemon. Whisk in mayonnaise until thoroughly combined. Pour dressing over salad, and toss gently to coat. Cover and refrigerate until well-chilled. Toss again gently, and serve.

CAULIFLOWER & CARROT CASSEROLE

1 head cauliflower, broken into small florets
4 medium carrots, peeled and diagonally sliced
3 egg yolks
1/4 teaspoon salt
2 tablespoons lemon juice
1 dash hot pepper sauce (e.g. Tabasco™)
1/2 cup butter, melted
3/4 cup coarsely crushed buttery round crackers
1 tablespoon butter, melted

Preheat the oven to 350 degrees F (175 degrees C). Bring about 2 inches of water to a boil in a large pot. Add cauliflower and carrots, and boil for about 7 minutes, until fork tender. Drain well, and transfer to a 9x13 inch baking dish.

While the vegetables are cooking, combine the egg yolks, salt, lemon juice and hot pepper sauce in a blender or food processor. Blend for a few seconds to mix, then continue to blend while slowly pouring in 1/2 cup of hot melted butter. Continue blending until thickened. Pour this sauce over the vegetables in the baking dish. Stir together the cracker crumbs and remaining butter; sprinkle over the top of the casserole.

Bake for 20 minutes in the preheated oven, or until the casserole is bubbling, and the top is toasted. Let cool slightly before serving.

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

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1/8 teaspoon salt
1 pinch red pepper flakes
1 pinch dried oregano

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.

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.

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

CAULIFLOWER CHEESE SOUP

2 c. of diced carrots
1/4 c. of chopped onion
1/4 c. of butter
1/4 c. of all-purpose flour
3 c. of milk
4 oz. of shredded Cheddar cheese
3/4 c. of water
1 c. of cauliflower, chopped
1 c. of cubed potatoes
1/2 c. of finely chopped celery

In a large pot, you want to add the water, cauliflower, potatoes, celery, carrots, and the onions. Let this boil over a medium flame (10 min). Now in another pan melt some butter over medium flame. Take this off the heat and stir in your milk (stir often). Then add the pot back to the heat and let the sauce get thick. Add in our vegetables (with liquid). Add your salt and pepper. Now add your cheese, letting this melt completely. Enjoy!

CURRIED CAULIFLOWER

1/2 large head cauliflower, broken into small florets
1/2 (10.75 ounce) can condensed cream of chicken soup
1/4 cup and 2 tablespoons mayonnaise
2 tablespoons milk
1 teaspoon curry powder
6 wheat crackers
2 tablespoons melted butter

Preheat oven to 350 degrees F (175 degrees C).

Place cauliflower in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm. Drain, and place in a greased casserole dish.

In a large bowl, mix together soup, mayonnaise, milk, and curry powder. Pour over cauliflower. Crush crackers, and mix with butter. Sprinkle over cauliflower.

Bake in preheated oven for 30 minutes.

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BALSAMIC & PARMESAN ROASTED CAULIFLOWER

8 cups 1-inch-thick slices cauliflower florets (about 1 large head)
2 tablespoons extra-virgin olive oil
1 teaspoon dried marjoram
1/4 teaspoon salt
Freshly ground pepper to taste
2 tablespoons balsamic vinegar
1/2 cup finely shredded Parmesan cheese

Preheat oven to 450°F. Toss cauliflower, oil, marjoram, salt and pepper. Roast on a large rimmed baking sheet until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

ROASTED FLORETS

8 cups bite-size cauliflower or broccoli florets (about 1 head), sliced
2 tablespoons extra-virgin olive oil
1/2 teaspoon salt, or to taste
Freshly ground pepper to taste
Lemon wedges (optional)

Preheat oven to 450°F. Place florets in a large bowl with oil, salt and pepper and toss to coat. Spread out on a baking sheet. Roast the vegetables, stirring once, until tender-crisp and browned in spots, 15 to 25 minutes. Serve hot or warm with lemon wedges, if desired.

CAULIFLOWER SOUP

1 head of broken into small florets cauliflower
1 peeled and diced potato
2 c. of vegetable stock
2 c. of milk
2 tbsp. of unsalted butter
1 chopped onion

Saute some onion (in butter) over medium flame for approx 5 min. Pour in your cauliflower and potato. Saute this for approx. 5 min. Slowly add in your stock, letting this boil now more than a minute before allowing to simmer. Now you want to pour in your milk and stir well. Add a dash of salt and pepper. Enjoy!