Cauliflower is a sun loving, cool weather crop. Cauliflower can come in different varieties; dense white head (most common), green, purple, orange and Romanesco (the original cauliflower species). Cauliflower is nutrient dense, supplying vitamins K, C and folate as well as being very low carb and low fat. Cauliflower contains 2 grams of fiber per cup.

**How to Prep Cauliflower:**

**Safety first:** Always wash vegetables prior to cooking. Remember to avoid bare hand contact with any ready to eat food.

**Right tools for the job:** Chef's knife, Paring knife

**Ways to Cook Cauliflower:**

**BOIL:** In a large pot, bring lightly salted water to a boil and add cauliflower (consider adding in cauliflower leaves for extra color and flavor). Cook for 6 to 8 minutes, being careful not to overcook.

**STEAM:** Place cauliflower in a perforated pan in a single layer (consider adding in cauliflower leaves for extra color and flavor). Place in steam for 6 to 8 minutes, being careful not to overcook.

**PAR-COOK:** Can use either boiling water or steam. Only cook for about 2 to 3 minutes. Then, immediately remove from heat, and cool down in an ice bath to stop cooking. This is still considered raw but a bit more tender and the flavor is enhanced. Also, a great starting point prior to other cooking methods.

**SAUTÉ:** (Stir-fry) In a skillet, heat olive oil. Then, add par-cooked cauliflower and cook for 3 to 5 minutes while moving the cauliflower around and season to taste. Will end up with a slightly tender floret (al dente) with a start of browning on the edges.

**ROAST:** Toss cauliflower in olive oil and lightly season with salt and pepper (and any other desired seasoning). Place in a single layer on a lined sheet pan and place into a 450° degree oven for 15 minutes. Turn the cauliflower and cook another 10 minutes (brown and crisp around the edges).

**GRILL:** Take par-cooked cauliflower steak and toss with olive oil, and seasoning. Place onto a hot grill or on grill skilet until tender, flipping every 2 minutes. Should end up with a nice char but not burnt.

**ADDITIONAL USES:**

- Chopping cauliflower in a food processor or grating it gives the options to use as a cauliflower rice or even make a cauliflower pizza crust.
- **RAW:** Eat it as it is as a salad, or a snack with a dressing or hummus dip.

**Michael DuBose**

Culinary Specialist

Georgia Department of Education School Nutrition

michael.dubose@doe.k12.ga.us