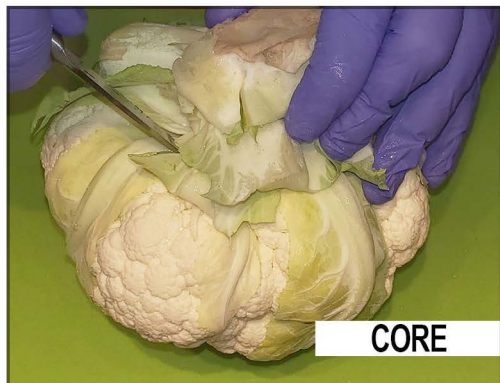


CAULIFLOWER

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.



CORE

Place cauliflower head on cutting board, top down. Using a paring knife, cut off the leaves. Using a downward angle, cut through the stalk and remove. This will yield an intact head of cauliflower.



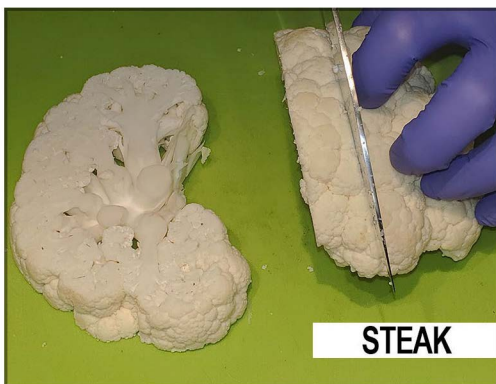
LEAVES

The leaves are edible. With a paring knife cut through the leaf stems to remove the leaves. Lay the leaves on a cutting board and cut into bitesize pieces.



FLORET

Using a chef's knife or a paring knife, cut through the individual stems close to the core and remove the individual flowering sections. The florets can be cut down to the desired size required.



STEAK

Take a whole cauliflower head and remove the leaves and excess stem. Place the head, bottom side down, onto a cutting board. Using a chef's knife, slice from top to bottom into 1 to 2-inch cross sections.



CHOPPED

Place pieces of cauliflower in a food processor, do not over fill. Pulse until you get a consistent chop. Rice size pieces to use as a rice substitute and a fine chop if using to make a cauliflower pizza crust.



CLOCKWISE from top right: Floret, Steak, Leaves, Chopped.

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 skillet 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.

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