



Cauliflower

How to Prepare

Cauliflower is a hearty, substantial annual vegetable that is commonplace at dining room tables around the world, from Europe and Asia to North America. While white cauliflower is the most common, there are green, orange and purple varieties with a very similar flavour. Most cauliflower has the well-known flower bouquet look, but some varieties like the Romanesco have a fractal pattern, with cone-shaped modules making up a bigger overall cone shape.

Cauliflower has a mild flavour that takes well to herbs, spices, and external flavours.

When working with cauliflower at home, most people use only the florets (sometimes called curds or head), though the greens are edible, and suitable for inclusion in fresh pressed juices and green smoothies. To learn to separate the florets from the greens, watch this simple video: <https://vimeo.com/113324563>

Store cauliflower in the refrigerator, in a loosely sealed plastic bag.

Try Using Cauliflower:

- Steamed with a cheese sauce;
- Roasted with butter;
- Fried with chilies;
- Pickled with herbs;
- Raw with herbaceous dips;
- Grilled alongside steaks;
- Roasted in salads;
- In soups and stews;
- In curries like aloo gobi;
- Sauced like chicken wings;
- Made into a dip or spread;
- Mashed like potatoes; and
- Use the leaves in pressed juices.

Nutrition Highlights

- Very high in Vitamin B6, C & K;
- A good source of protein;
A source of riboflavin & thiamin;
- A very good source of fiber;
- A very good source of folate.

Nutrition Facts	
Serving Size 1 cup 100g (100 g)	
Amount Per Serving	
Calories 25	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 77%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Recipe: Cauliflower “Tabouli” Salad

Ingredients

- 1 medium sized Cauliflower
- 1 bunch of parsley
- 3 tbsp fresh mint
- 1 green pepper, diced
- 1 large tomato, seeded and diced or a cup of cherry tomatoes, halved
- 3 green onions, chopped
- 1/3 cup lemon juice
- 3 tbsp olive oil
- 2 tbsp soy sauce
- Salt and pepper to taste

Instructions

1. Trim away leaves and core and cut cauliflower into smaller pieces so it can fit into a food processor.
2. Place cauliflower, parsley and mint into a food processor and pulse until cauliflower becomes grain-like pieces. Discard any large chunks that didn't process.
3. Scoop mixture into a large mixing bowl and add the green pepper, tomato and onions, mix to combine.
4. In a small bowl combine lemon juice, oil, soy sauce, salt, and pepper. Pour over salad ingredients. Adjust seasoning and enjoy!

If you do not have a food processor, simply chop the herbs by hand and shred the cauliflower using a box grater.

This salad can become a full meal by mixing in some cooked quinoa or couscous and adding your favourite protein.

For a change in texture and depth in flavour try roasting half the vegetables before combining.

Experiment with the fresh herbs and citrus to suit your taste. Substitute the mint for cilantro and the lemon juice for lime, for a more southwestern salad.