

# Cauliflower & Romanesco

Produced by:



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CONNECTION



## Fun Facts:

- Cauliflower comes in white, green, orange/yellow, and purple varieties.
- Orange/yellow cauliflower was discovered in Canada in 1970.
- Romanesco, which is a type of cauliflower, has a striking appearance because it forms the natural approximation of a fractal.

## Nutrition Information:

- Cauliflower is an excellent source of vitamin C and a good source of vitamin K and many B vitamins.
- Romanesco is an excellent source of vitamins C and K, as well as dietary fiber.

## Preparation:

- Dunk the head into a sink filled with cold water to remove any hidden pests. Remove the leaves (they are edible but typically not eaten) and any blemished areas using a small knife.
- Snap or cut the florets off of the large center stalk and then cut any large florets into halves or quarters so they are similar in size.
- Some preparations of cauliflower require you to keep the head whole.

## Cooking:

Learn more at [www.thelandconnection.org](http://www.thelandconnection.org)

**Raw:** add florets or pieces to egg dishes, stir-fries, pizza, pasta, or salads.

**Steam:** place florets in the steamer basket of a saucepan or pot with about an inch of boiling water in the bottom. Cover and cook for 5-10 minutes, or until slightly tender. To steam an entire head, make sure the stem is down in the pot and steam for up to 15 minutes, or until slightly tender.

**Microwave:** spread out 2 cups of florets in a 1-quart baking dish, add 1-2 tablespoons lightly salted water, and cover. Cook on high for 3-5 minutes, stir after 2 minutes, and then let stand, covered, for 2 minutes.

**Roast:** cut head into florets and toss with olive oil, salt, and pepper. Spread out on a rimmed baking sheet and roast at 450°F for 15-20 minutes.

**Mash:** cut head into florets and place in a pot with 1 cup simmering stock and cook for about 10 minutes. Add heavy cream or milk and butter and mash with a potato masher or puree in a food processor.

**Puree:** blend cooked florets with stock or butter and cream. Use the puree for a creamy soup base or soup thickener. The puree can be frozen for later.

## Storage:

- Store unwashed cauliflower and romanesco in a plastic bag in the crisper drawer of your refrigerator for 1-2 weeks.
- For long-term storage, both cauliflower and romanesco can be frozen. Cut the head into florets, place in a pot of boiling water for 3 minutes, then dump into an ice bath to stop the cooking process. Drain, let dry, and place in an airtight container or freezer bag.