

Cauliflower

Cauliflower is one of several vegetables in the species *Brassica oleracea*, in the Brassicaceae family that also includes cabbage, brussels sprouts, kale, broccoli and collard greens. Cauliflower is an annual plant that reproduces by seed. Typically, only the head, the white curd, is eaten, while the stalk and surrounding thick, green leaves are used in vegetable broth or discarded. Cauliflower is nutritious, and may be eaten cooked, raw or pickled.



Nutrition Information

In ½ cup of raw cauliflower it contains...

- 15 calories
- 0 calories from fat
- 0 g total fat
- 0 g of saturated fat
- 0 mg of cholesterol
- 15 mg of sodium
- 3 g of total carbohydrate
- 1 g of dietary fiber
- 1 g of sugars
- 1 g of protein
- 40% of daily value of Vitamin C
- 2% daily value of calcium
- 2% of iron

For cooked cauliflower...

- 15 calories
- 5 calories from fat
- 10 mg of sodium
- 3 g of total carbohydrate
- 2 g of dietary fiber
- 1 gram of sugars
- 1 g of protein
- 45% daily value of vitamin C
- 2% daily value of iron

Cauliflower contains a high amount of...

- Vitamin C
- Folate
- Fiber
- Complex carbohydrates

It is also a cruciferous vegetable being studied for its role in reducing cancer risk.



Fun Facts

Orange cauliflower, slightly sweet and rich in beta-carotene, is perfect for pies and soups. 🥘

Orange cauliflower is probably one of the most delicious forms of cauliflower that you will ever eat. Many people who do not like the taste of White cauliflower will find that the sweet and mild taste of the Orange cauliflower is much better and easier to eat.

Purple cauliflower, rich in tannins, is best enjoyed raw or "al dente." A quick in-and-out in the skillet will release all its taste.

Purple cauliflower is surprisingly much better for us than White cauliflower. It can be eaten raw and steamed (it takes less time to steam than White cauliflower). If cooked too much the cauliflower will lose its purple color and turn green - which isn't bad but it will cease to look nice.

Selection

Cauliflower should be dense and heavy with a satiny stem. The leaves surrounding the florets should be fresh and green.

Choose cauliflower that is tight and compact, with no dark spots or mildew, and with firm, straight leaves.

Before buying cauliflower, check the stem: it should be satiny white with no dark patches. The leaves should be fresh, green and firm, fanned out around the cauliflower head.

Preserving

Freezing

In general, cauliflower does not freeze well. Freezing it will preserve its flavor, but tends to severely break down its texture. Still, frozen cauliflower is useful in some recipes—especially those using puree.

Preparing for Freezing: Wash and trim off leaves and cut head into 1-inch florets.

Blanching Time: Water-blanch for 3 minutes in water containing 4 teaspoons salt (or vinegar) per gallon water to retain color. Cool promptly and drain.

Maximum Storage Time: 10 to 12 months at 0°F.

Handling and Storage

Raw preparation: Cauliflower should be washed and removed from the stem. It can be cut into bite-size florets, perfect for dipping or eating in salads.

Refrigerating Cauliflower: Do not wash until use. Store in perforated plastic bags for 5 to 7 days.

Cooking Cauliflower

It's important not to overcook Cauliflower; cook it just until tender. It's almost never a good idea to boil Cauliflower because it all but ruins flavor and texture. Steaming and blanching are the best methods to preserve the most flavor and nutrition.

Microwave: This method preserves the most nutrients and is really easy. Put Cauliflower in an inch of water in a microwave-safe dish. Cover tightly and microwave 5 to 7 minutes (total minutes may vary depending on wattage of microwave, so experiment).

Steaming: A delightful way to cook Cauliflower, steaming preserves flavor, texture and nutrition. Bring 1 to 2 inches of water to a boil in a pot. Arrange florets evenly in a steamer basket, making sure the water does not seep into the bottom of the basket. Cover and steam. About 5 minutes should be just about right, but it all depends on your steaming setup. Just make sure you don't steam too long, as the florets will get too soft.

Stir-fry: You can also stir-fry Cauliflower by cutting the head into bite-sized florets. Heat 1 to 2 tablespoons of oil in large skillet or wok, add florets and stir-fry over medium-high heat until just crisp-tender, about 3 to 5

Recipes

1. Cauliflower with Dijon Sauce

Cook Time: 15 Minutes

Yield: 6 servings

Ingredients

1 head cauliflower, separated into florets
½ cup mayonnaise
½ cup Dijon mustard
1 cup shredded cheese

Directions

1. Place cauliflower in a large casserole dish and cover with plastic wrap.
2. Poke a few holes in the plastic with a knife.
3. Cook in the microwave for 5 to 7 minutes.
4. Stir together mayonnaise and Dijon mustard.
5. Spread over the top of the cauliflower.
6. Sprinkle

2. Baked Cauliflower

Cook Time: 30-60 minutes

Yield: 4 servings

Ingredients

1 large cauliflower
½ c. butter
¼ c. fine bread crumbs
1 tsp chopped parsley
4 tsp grated parmesan cheese

Directions

1. Wash and break cauliflower into florets.
2. Place in steamer and cover for 10 minutes.
3. While cauliflower is cooking, melt the butter, add the bread crumbs and stir until lightly brown.
4. Drain the florets and dip them in the hot bread mixture covering each one completely.
5. Place each in a casserole and pour the remaining bread crumb mixture over the cauliflower.
6. Sprinkle with parsley and parmesan cheese.
7. Bake in preheated oven at 350° for 20 minutes.

3. Oven roasted Cauliflower with Turmeric and Ginger

Cook time: 20 minutes

Yield: 4 servings

Ingredients

1 raw cauliflower
3 T. vegetable oil
1 T. black mustard seeds
1 jalapeno
1 T grated fresh ginger
1 tsp turmeric
1 tsp salt

Directions

1. Wash cauliflower and cut into florets.
2. Whisk together oil, mustard seeds, jalapeno, ginger and turmeric in a small bowl.
3. Place cauliflower in a medium baking dish and toss with a flavored oil and salt.
4. Roast until lightly golden brown and tender for 20 to 25 minutes.

4. Tangy Cauliflower

Cook Time: 30 minutes

Yield: 4 servings

Ingredients

1 medium cauliflower broken into florets
3 T red wine vinegar
2 T melted butter
2 T chopped red bell pepper
2 T chopped green bell pepper
1 T sugar
¼ T salt

Directions

1. Boil cauliflower in salt water for about 8 to 10 minutes.
2. Drain the cauliflower.
3. In small pan combine vinegar, melted butter, red and green peppers, sugar and salt.
4. Cook over low heat for 5 to 7 minutes.
5. Pour over cauliflower.

5. Creamy Mashed Cauliflower

Cook Time: 30 minutes

Yield: 4 servings

Ingredients

8 c. bite size cauliflower florets
4 cloves garlic, crushed and peeled
1/3 c. nonfat buttermilk
4 tsp extra virgin olive oil
1 tsp butter
½ tsp salt

Freshly ground pepper to taste
Snipped fresh chives for garnish

Directions

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until tender for 10 to 15 minutes.
2. Place the cooked cauliflower and garlic in a food processor.
3. Add buttermilk, 2 tsp oil, butter, salt and pepper until creamy.
4. Transfer to a serving bowl add 2 tsp oil and garnish with chives.