



Cauliflower

The plant originates from Europe. It is composed of a compact head (also called the "curd"), formed of several undeveloped inflorescences that are attached to a short central stem. Cauliflower is covered with several layers of green leaves attached to the stem. The small tender, inner leaves are edible. Cauliflower is usually white, but some varieties are purplish in color (they turn green during cooking).

Buying

Choose: a cauliflower with a firm, compact head that is creamy white in color, with well-colored green leaves still attached.

Serving Ideas

Cauliflower is eaten raw or cooked. Raw, it is eaten as is, with dips, in horse d'oeuvres or salads. Cooked, still firm, cauliflower is eaten hot or cold. It is used as a side vegetable or in soups, stews, pasta dishes, omelettes and quiches. It is delicious covered in Mornay, hollandaise or béchamel sauce and gratineed. Cooked and pureed it can be incorporated into souffles or soups. Cauliflower is also an ingredient in marinades, relishes and chutneys.

Cooking

Cauliflower cooks very quickly. Monitor its cooking closely.

Boiled: 15-20 minutes.

Nutritional Information

Per 3.5 oz/100g	raw	cooked
Water	92%	92.5%
Protein	2g	1.9g
Fat	0.2g	0.2g
Carbohydrates	5g	4.6g
Fiber	1.8g	1.8g

Preparing

Remove the outer leaves and the core, and leave the small green leaves. Separate the cauliflower florets from main stem, keep florets whole or cut into sections if they are very large. Wash under running water or soak in slightly salted water.

Calories	24	24
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Excellent Source: vitamin C, folic acid and potassium (raw), vitamin C and potassium (cooked).

Good Source (cooked): folic acid.

Contains: niacin (raw), copper (cooked), vitamin B (raw and cooked).

Properties: anticancerous. Cauliflower is the most digestible member of the cabbage family.

Storing

In the fridge: about 10 days, unwashed, in a loosely closed or perforated plastic bag. Cooked, 2-3 days.

In the freezer: blanch (3 min) prior to freezing. It will be more watery when defrosted.