

Cauliflower

Store	Refrigerate in vegetable drawer	
Prepare	<ul style="list-style-type: none"> • Break the cauliflower into florets • Rinse the florets in cold water and drain 	
Cook	<ul style="list-style-type: none"> • Boil in lightly salted water, covered for 4 minutes or until just tender • Steam over boiling water for 4 minutes or until just tender • Microwave in a covered container with a little water - cook on high 2 minutes • It is very important not to overcook cauliflower – cook until just tender and slightly crunchy 	
Add Flavour	<ul style="list-style-type: none"> • Add a tin of Indian flavoured tomatoes to give an Indian flavour and serve with rice • Sprinkle with a little low fat (Edam) grated cheese • After draining the cauliflower add 2 teaspoons of sesame oil and some (lightly toasted) sesame seeds 	
Vege Up	<ul style="list-style-type: none"> • Add to a stir fry of vegetables • Use raw as a vegetable dipper to serve with hummus etc. • Add to casseroles or macaroni cheese • Chop finely and add to pasta sauce or mince • Top with low fat grated cheese 	

Recipe Ideas

Cooked	<p>Cauliflower Gratin</p> <ul style="list-style-type: none"> - 1 cauliflower - ¼ cup flour - ½ cup grated low fat cheese - 2 tablespoons margarine - 1 cup low fat milk - ¼ cup dried wholegrain breadcrumbs <p>Preheat oven to 200°C. Keep cauliflower whole or break into florets. Boil, steam or microwave until just tender. Melt margarine in pot and add the flour, cook stirring until mixture bubbles. Add milk and cook stirring until thick and smooth. Remove from heat and add cheese (try Edam). Place cauliflower in a dish and pour over the sauce. Top with wholegrain breadcrumbs. Bake 15 minutes or until browned.</p>	
Soup	<p>Cauliflower Soup</p> <ul style="list-style-type: none"> - 2 teaspoons oil - 2 cloves garlic, crushed - 1 cauliflower, chopped - 750 ml water - 1 onion, chopped - 1 large potato, chopped - 750 ml chicken stock - Chopped parsley / chives <p>In a large pot heat the oil and cook the onion and garlic, stirring until soft but not browned. Add potato, cauliflower, stock and water. Cover and simmer until soft. Blend until mixture is smooth. Reheat and serve with chopped parsley or chives. This is great recipe for freezing – put in individual sized containers and have for lunch.</p>	