

CAULIFLOWER



WHAT DOES IT TASTE LIKE?

Cauliflower has a slightly nutty and earthy flavor. Overall it is fairly mild, making it a very versatile vegetable!

HOW DO I PICK IT?

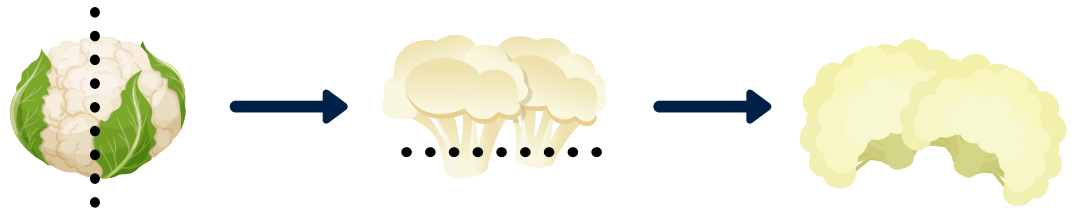
Pick cauliflower with a creamy, white color. The bunch should feel slightly heavy in your hand. Look at the leaves to make sure they look vibrant and green. You can also smell cauliflower to determine freshness. If it has a very strong smell, it should not be purchased. Avoid cauliflower with brown spots or blemishes.

HOW DO I STORE IT?

If the cauliflower you purchased is wrapped in plastic, unwrap it once you get home to avoid trapping moisture that can cause it to rot. Whole heads of cauliflower should be kept in a loose plastic bag in the refrigerator for 4-7 days. Precut florets can be stored the same way but should be used within 4 days of purchasing.

HOW DO I PREPARE IT?

1. Wash cauliflower then let air dry or pat fully dry.
2. Pull off leaves then cut head in half or into quarters.
3. Slice off florets where they meet the stem.
4. Slice larger florets in half if desired.
5. Prepare according to recipe or cooking method being used.



MASHED CAULIFLOWER


Ingredients:

1 medium head cauliflower, chopped or 5 cups frozen cauliflower
1 tablespoon butter
2 tablespoons grated parmesan cheese
1/4 teaspoon garlic powder
Black pepper to taste (optional)

Directions:


1. Microwave cauliflower until soft (about 8-10 minutes fresh, or if frozen cook according to package).
2. Place cauliflower in blender, food processor, or mash by hand. Add butter, parmesan cheese, and garlic powder.
3. Blend until creamy, scraping from sides as needed.
4. Top with black pepper if desired and serve.

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KITCHEN TIP!

Cauliflower can be prepared roasted, grilled, steamed, boiled, mashed, creamed for soup, as rice, and even as a pizza crust.