



Recipes

Cauliflower

Wondering what to do with your cauliflower this week? There are so many ways that you can cook with cauliflower – bake, roast, boil, fry ...

My husband, who always says he does not like cauliflower, really enjoyed it roasted with curry spices!!

1. Roast: Wash, cut into florets, add seasoning (curry spices work well) or herbs and roast in a hot oven with a little oil for around 30 minutes.
2. Whole roast: Place the whole cauliflower in the oven (minus the green leaves) and roast in a hot oven with a little oil and seasoning for around an hour. Can be used as a vegetarian roast – slice and serve.
3. Cauliflower steaks: Slice the cauliflower into steak like slices. Place in a hot frying pan with a little oil. Fry on each side for around 2 minutes. Add seasoning of your choice e.g. garlic, a little parmesan, paprika, curry spices, and place on a roasting tray, and roast for around a further 15 minutes.
4. Cauliflower cheese: Slice/break the cauliflower into florets and boil in boiling water for around 15 minutes. Drain, place in an oven dish and top with cheese sauce and place in a hot oven for around 20 minutes. You can also add beans, broccoli, peas, tomatoes or other vegetables to this dish.
5. Cauliflower cheese pasta: See recipe above but add some cooked pasta to the meal too to make it go further to make a cauliflower pasta bake.
6. Cauliflower soup: A delicious soup, especially with a sprinkling of cheese!!
7. Mashed cauliflower: Try mashing cauliflower as you would potato – just chop into bite size pieces, boil for around 5-10 minutes, drain well and then mash adding a little oil/margarine and milk. You could also try mashing with equal quantities of potato for a mashed potato with a difference or with other vegetables such as sweet potato, carrots, parsnips, fennel, butternut squash.
8. Other ideas: Add to curries, soups, wraps, pizza topping, salads. You could try it as a pizza base, as a potato/cauliflower rosti or even make cauliflower rice!