

January 20, 2016

3 Ways to Enjoy the Versatile Cauliflower

With its mild flavour and neutral colour, cauliflower is by far the most versatile member of the Brassica family. Try some of our creative ideas for one of our favourite cruciferous:

Our Veggie Burgers combine roasted cauliflower with shredded vegetables, chickpeas and almonds, which are spiced lightly with curry powder before landing on the grill.

Our Cauliflower and Potato Mash is an age-old trick to lighten a classic favourite. We use the food processor to make it extra-smooth, but you can go rustic and smash it with a potato masher.

For a simple side dish, our Herb Roasted Cauliflower with Parmesan Cheese features cauliflower florets roasted with fresh thyme, tarragon and garlic, before being dressed in a simple mixture of lemon, parsley and Parmesan.

VEGGIE BURGERS

Ingredients:

1 head of cauliflower, broken into large florets
1 tbsp canola oil
1 can chickpeas (19 oz/540 mL), rinsed and drained
1 tbsp extra-virgin olive oil
1 cup chana flour
1 cup shredded carrots
1 cup shredded zucchini, squeezed dry
1/2 cup chopped green onions
1/2 cup slivered almonds, toasted and chopped
1/4 cup chopped fresh parsley
1/4 cup fresh lemon juice

2 large eggs
2 cloves garlic, finely chopped
1 tsp curry powder
1/2 tsp salt
1/2 tsp freshly ground pepper
Canola oil*
15 whole wheat hamburger buns

Method:

1. Combine cauliflower and 1 tbsp canola oil.
2. Place cauliflower in a grill wok or on a grill topper and grill over high heat on natural gas barbecue, stirring occasionally, until cauliflower is tender and lightly browned, about 10 - 12 minutes. Remove from heat and cool to room temperature.
3. Chop cauliflower into small florets. Measure out 2 1/2 cups; reserve remaining cauliflower for another use.
4. Place chickpeas and olive oil in a food processor; process until smooth.
5. Add 2 1/2 cups cauliflower and process, using an on/off motion, until cauliflower is finely chopped and mixture is combined.
6. Transfer mixture to a bowl. Add chana flour, carrots, zucchini, green onions, almonds, parsley, lemon juice, eggs, garlic, curry powder, salt and pepper; stir to combine. Shape mixture into 15 patties, each about 3 inches in diameter. Cover and refrigerate for 1 hour or up to 4 hours.
7. Brush both sides of patties with additional canola oil.
8. Working in batches, place patties on a grill topper and grill over high heat until browned on both sides and cooked through, about 3 - 4 minutes per side.
9. Serve in buns. *Makes 15.*

CAULIFLOWER AND POTATO MASH

Ingredients:

4 cups (1 L) cauliflower florets
2 cups (500 mL) cubed peeled russet potatoes



1 clove garlic, peeled
1/4 cup (50 mL) hot milk
1 tbsp (15 mL) butter
1/2 tsp (2 mL) salt
1/8 tsp (0.5 mL) freshly ground pepper
1/8 tsp (0.5 mL) nutmeg

Method:

1. Cook cauliflower and potatoes in boiling salted water until tender, about 15 minutes; drain.
2. Place cauliflower, potatoes, garlic, hot milk, butter, salt, pepper and nutmeg in a food processor. Process, using an on/off motion, just until mixture is smooth. Do not overprocess. May be prepared in advance and left to stand for up to 1 hour. Reheat, covered, in a microwave-safe container in a microwave oven on medium just until heated through. *Serves 4 - 6.*

HERB ROASTED CAULIFLOWER WITH PARMESAN CHEESE

Ingredients:

2 tbsp (25 mL) olive oil
1/2 tsp (2 mL) tarragon, crumbled
1/2 tsp (2 mL) thyme, crumbled
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) freshly ground pepper
3 cloves garlic, finely chopped
8 cups (2 L) cauliflower florets
1/4 cup (50 mL) freshly grated Parmesan cheese
2 tbsp (25 mL) fresh lemon juice
1 tbsp (15 mL) chopped fresh parsley



Method:

1. Preheat oven to 425°F (220°C). Grease a large rimmed baking sheet or line with nonstick foil.
2. Combine oil, tarragon, thyme, salt, pepper and garlic in a large bowl. Add cauliflower and toss until coated. Place cauliflower in a single layer on prepared pan.
3. Bake, uncovered, stirring occasionally, for 20 – 25 minutes or until cauliflower is tender and lightly browned.
4. Add Parmesan cheese, lemon juice and parsley; stir until combined and cheese is melted. *Serves 8 - 10.*