

Broccoli & Cauliflower

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Kid-Friendly Eating Tips

- Pair raw broccoli or cauliflower with a hummus, ranch or salsa dip.
- Add chopped raw broccoli or cauliflower to a pasta dish or green salad.
- Steam either veggie and mix into a stir fry.
- Mash cooked cauliflower, add herbs, a bit of cheese, olive oil and voila, it's like mashed potatoes!

Cooking Tips

- Broccoli stems take longer than the florets, so cook them separately for a few minutes before adding the rest; cutting the stems into smaller trunks can expedite this process.
- Cauliflower cooks quickly (a few minutes)— it will become mushy if you overcook it.



Tidbit

Broccoli and cauliflower can be eaten raw, steamed, boiled or roasted and absorb flavors well. Their "heads" are comprised of flower buds. If eating the veggies raw, experiment with dipping sauces, such as hummus; if eating them cooked, try a stir fry!

Storage Tips

- Store in the refrigerator in a perforated plastic bag for 5-10 days. Do not wash before storing and make sure the heads are dry.
- To freeze: blanch and place in a labeled and dated freezer-grade bag. Frozen broccoli and cauliflower will keep for about a year.

RECIPES ✂

Broccoli Soup

Broccoli Soup

Yield: 4-6 servings

Ingredients:

1 large head of broccoli
1 medium white onion
1 potato
1 quart vegetable stock, or water
1 Tbsp. tahini
1 tsp. lemon juice
a pinch of cumin and salt and pepper, to taste
grated cheddar, as garnish (optional)

Directions:

1. Blanch the broccoli in heavily salted water and shock in ice water.
2. Slice the onions very thin and cook down with salt and pepper.
3. Slice the potatoes and add to the onions. Cook briefly, about 5 minutes.
4. Cover with stock or water and cook until the potatoes are completely soft. Cool the soup base slightly.
5. Working in batches, puree the soup base with the broccoli in a blender.
6. Season with salt, pepper and cumin. Cool quickly to avoid discoloration, or serve immediately.
7. Just before serving, add the lemon juice and adjust the seasoning.

Source: Weston Nicoll, Chef-Owner of Café Shelburne.

Cauliflower Gratin

Cauliflower Gratin

Yield: 4-6 servings

Ingredients:

1 large head of cauliflower
2 cups heavy cream
½ cup mascarpone
1 cup grated cheddar
a pinch of nutmeg
salt and pepper, to taste

Directions:

1. Preheat the oven to 375° F and bring a large pot of water to boil.
2. Separate the cauliflower into florets, removing the core and leaves.
3. Blanch the cauliflower in a large pot of salted boiling water, leaving some crunch, about 3 minutes.
4. Immediately submerge the cauliflower in ice water to stop the cooking.
5. Heat the cream to near boil, being careful not to boil over.
6. Add the mascarpone to the cream with a whisk and cook over medium-low heat about 5 minutes, until slightly reduced.
7. Add the cheddar to the cream mixture, whisking constantly, and season with salt, white pepper and nutmeg.
8. Add the cauliflower and fully incorporate.
9. Spread the gratin mix in a baking dish large enough to accommodate all the florets in a single layer.
10. Place the gratin dish on a sheet pan and bake about 20 minutes, until bubbling and nicely browned.

Source: Weston Nicoll, Chef-Owner of Café Shelburne.