

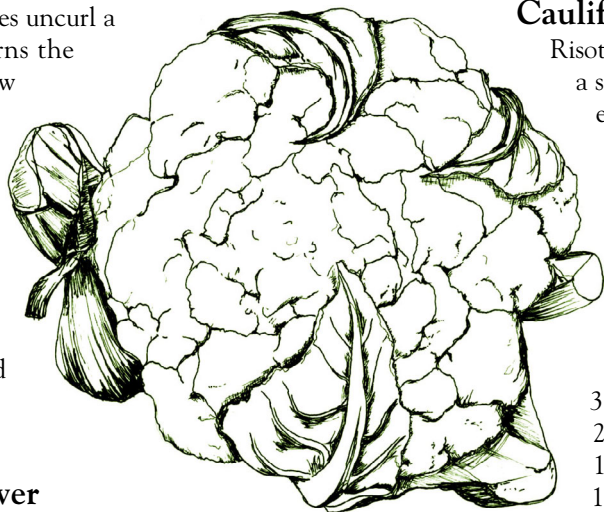
# Cauliflower

Cauliflower is the mildest member of the brassica family. Like its cousin broccoli, cauliflower is actually a mass of unopened flower buds that would burst into edible yellow flowers if allowed to mature. Hiding its head demurely within a bonnet of furred leaves, cauliflower stays tender and maintains a white or creamy color.

In spots where the leaves uncurl a little early, the sun turns the cauliflower slightly yellow or brown.

## STORAGE

Wrap dry, unwashed cauliflower loosely in plastic and store it in the refrigerator. It will keep for up to a week but is sweetest if used within a few days.



## Curried Cauliflower

For a satisfying, complete meal serve this with saffron basmati rice and dal. You can add green peas or small bits of broccoli for some attractive color on your plate. *Angelic Organics Kitchen* (adapted from *The Ayurvedic Cookbook*).

Serves 4 to 5

- 1 tablespoon ghee or vegetable oil
- 1/2 teaspoon mustard seeds
- 1 teaspoon turmeric
- 1/2 teaspoon sea salt
- 1 medium head cauliflower, cut into bite-sized pieces
- 1/2 cup water
- 2 teaspoons crushed coriander seeds
- 1/2 teaspoon curry powder

1. Heat the ghee or oil in a medium skillet over medium-high heat. Add the mustard seeds. As soon as they start to pop, stir in the turmeric and salt. Add the cauliflower; mix well. Cover and cook for 5 minutes.

2. Stir in the water, coriander, and curry. Adjust the heat to low and cook, covered, for 5 minutes.

## A Shareholder

Thank you for three weeks of wonderful eating. I feel great. You know, the vegetables have a sweetness to them that I almost forgot about—the cauliflower especially, and the zucchini and even the lettuce . . .

## HANDLING

Trim off the leaves and any brown spots. Rinse the cauliflower and cut out the cone-shaped core at the base using a small paring knife. Stop there if you plan to cook it whole. Otherwise, proceed to break it into florets, or chop.

## Cauliflower Saffron Dill Risotto

Risotto is commonly served as a first course, but served with a salad it's a great meal on its own. The possibilities are endless: vegetables, meats, seafood, cheese, or a combination of any of these. You have only to master the simple, basic technique of preparing risotto, and you will always be less than an hour away from a fantastic, satisfying meal. *Angelic Organics Kitchen*.

Serves 4 to 6

- 5 cups light vegetable, chicken, or beef stock
- 1/2 teaspoon chopped saffron threads
- 3 tablespoons butter, divided
- 2 tablespoons olive oil
- 1/2 cup minced onion
- 1 pound cauliflower (about 1/2 head), finely chopped
- 2 cups uncooked Arborio rice
- salt
- 1/3 cup freshly grated Parmesan cheese
- 1 tablespoon chopped fresh dill

1. In a large pot, heat the stock to just below a simmer. Stir in the saffron.

2. Meanwhile, combine 2 tablespoons of the butter and the oil in a heavy, preferably enamel-coated cast-iron pot. Heat over medium-high until butter is melted. Add the onion; cook over medium-high heat until onion is slightly golden, about 10 minutes.

3. Set some water to heat in a tea kettle or saucepan in case you need it in the next steps.

4. Add the cauliflower to the onions in the pot and cook for 5 minutes, stirring occasionally. Stir in the rice and add salt to taste; cook, stirring constantly, until the rice is lightly brown, 3 minutes.

5. Add 1/2 cup of the hot stock; cook, stirring constantly, until all the stock is absorbed by the rice, 4 to 5 minutes.

6. Continue as described above, adding another 1/2 cup of stock after each addition is fully absorbed. This will take between 25 and 30 minutes total. The rice should not be mushy and should have a little bite in the center. If you have run out of stock, and the rice is still not tender enough, continue with hot water.

7. Remove from heat and stir in the remaining butter and the Parmesan cheese and dill.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).

