



In the Kitchen

with Barb Agee - October 2015

Cauliflower Dreamin'

Cauliflower enjoyed cooked or raw is a great addition to a healthy way of eating. This pale crucifer is surprisingly nutritious containing vitamin C, potassium, fiber and calcium among other nutrients. Cauliflower is a versatile vegetable that can be used as a primary ingredient in a main course or side dish.

Green Curry Stew with Cauliflower and Potatoes

2 tablespoons butter	2 tablespoons soy sauce
1 small onion, diced	Two 14-ounce cans coconut milk
1 large potato, peeled and cubed	1 can chickpeas, drained and rinsed
3 large garlic cloves, minced	Salt
2 to 3 tablespoons green curry paste	1/3 cup fresh basil leaves, torn
1 tablespoon fresh ginger, minced and peeled	1 cup plain Greek yogurt
1 teaspoon ground cumin	8 lime wedges
12 ounces fresh green beans, trimmed and cut into 1-inch pieces**	
1 medium head of cauliflower (approximately 4 cups), cut into florets	

Melt butter in a large soup pot over medium-high heat. Add onion and potato; sauté for 4 minutes. Stir in garlic, green beans and cauliflower; cook an additional 4 minutes. Whisk green curry paste, ginger, soy sauce, cumin and coconut milk together in a medium bowl. Add to the cauliflower mixture, cover, reduce heat, and simmer for 6 to 10 minutes until cauliflower is al dente. Add chickpeas and heat through. Season with salt to taste. Stir in basil and serve immediately. Top each serving with a tablespoon of yogurt and a lime wedge. Serves 8

**May use carrots, peeled and cut into 1-inch match sticks

Roasted Cauliflower with Walnuts and Parsley

4 cups of cauliflower florets	1/2 cup dry white wine
2 tablespoons olive oil	2/3 cup walnuts, toasted and coarsely chopped
3 anchovies, finely chopped	1/2 cup fresh flat-leafed parsley, coarsely chopped
4 large garlic cloves, minced	Freshly ground pepper

Preheat oven to 400°F. Toss cauliflower with 1 tablespoon olive oil on a baking sheet. Roast until golden brown, 15 to 20 minutes depending on the size of the florets. Heat remaining oil in a skillet over medium heat. Cook anchovies and garlic for 1 minute. Remove from heat and add wine. Return to heat cooking the dressing until it is reduced in half. Combine roasted cauliflower and walnuts in a bowl; pour warm dressing over cauliflower and toss to coat. Add chopped parsley; season with pepper and serve. *Makes 4 servings*



Pasta Bake with Creamy Cauliflower Sauce

1 tablespoon olive oil
6 large garlic cloves, coarsely chopped
4 medium shallots, coarsely chopped
Kosher salt and freshly ground pepper
4 teaspoons flour
3 cups whole milk, warmed
1 small head cauliflower (3 cups), cored and chopped
1 medium bunch broccoli (5 cups), trimmed and cut into florets
½ teaspoon freshly ground nutmeg
6 ounces (2 cups) Parmesan cheese, grated
½ pound medium pasta shells
¼ pound sliced smoked ham, chopped
1 tablespoon butter
½ cup toasted whole-wheat panko, optional

Preheat oven to 400°F. Bring a large pot of water to boil. Cook pasta until slightly tender until fully cooked, about 5 minutes. Last minute of cooking add broccoli. Reserve ½ cup pasta water; drain pasta and broccoli well and set aside.

Heat oil in a medium saucepan over medium heat. Add cauliflower, garlic, shallots and ½ teaspoon salt; cook and slightly browned, about 6 to 8 minutes. Sprinkle flour over vegetables and stir to coat well. Slowly stir in warm milk and reserve pasta water; bring to a boil. Reduce heat and simmer until cauliflower is very soft, about 10 minutes. Let cool for 5 minutes. Transfer to a blender and puree with the nutmeg and half of the Parmesan cheese until smooth.

In the large pot combine pasta, broccoli, chopped ham and sauce. Transfer to an oven proof baking dish. Sprinkle with remaining Parmesan cheese. Bake for 30 minutes. Heat broiler and broil pasta until golden brown on top, 1 to 2 minutes. While the pasta dish is baking, melt butter in a small sauté pan and lightly toast panko crumbs. To serve: sprinkle with panko crumbs and serve immediately.

Serves 6 to 8

Spicy Cauliflower, Bok Choy and Shrimp Stir Fry

4 teaspoons safflower oil, sunflower oil or vegetable oil
¾ head cauliflower cut into ½-inch thick slices
½ head bok choy, trimmed and sliced into 1-inch strips
1 pound large shrimp, peeled and deveined
3 large garlic cloves, finely chopped
1 teaspoon sweet chili sauce
1 teaspoon honey
2 teaspoons fish sauce
⅛ teaspoon red chile pepper
½ cup basil leaves
⅓ cup unsweetened flaked coconut, toasted

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add cauliflower, reduce heat to medium. Cook until golden brown, about 4 minutes. Add bok choy, cover and cook for 4 minutes. Transfer to a plate and tent with foil.

Heat 1 teaspoon oil in the same skillet over medium-high heat. Add shrimp and cook until they begin to turn opaque, about 2 minutes. Push to side of skillet; add 1 teaspoon oil to exposed area. Add garlic and cook until fragrant, about 1 minute. Mix sweet chili sauce, honey, fish sauce and red chile pepper together in a small bowl; stir into shrimp. Add vegetables and cook until heated through, about 1 minute. Stir in basil and serve immediately topped with toasted flaked coconut. Serves 4

