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Cauliflower and Chickpea Curry

Recipe from epicurious.com

Ingredients:

1 medium-large cauliflower (about 1 3/4 pounds), trimmed
Sea salt
2 tablespoons sunflower oil
3 onions, chopped
4 garlic cloves, chopped
1 teaspoon freshly grated ginger
2 teaspoons ground coriander
2 teaspoons ground cumin
A large pinch of dried chile flakes
2 star anise
1 (14-ounce) can plum tomatoes, chopped, any stalky ends and skin removed
1 (14-ounce) can chickpeas, drained and rinsed
2 teaspoons garam masala
A good handful of cilantro, chopped
Sea salt and freshly ground black pepper

Preparation:

Cut the cauliflower into medium florets. Put into a large pan, cover with cold water, add some salt, and bring up to a rolling boil. This will partly cook the cauliflower. Take off the heat right away, drain well, and keep warm in the pan.

Heat the oil in a second large saucepan over medium heat. Add the onions, garlic, and ginger and sauté for about 10 minutes, stirring often. Add the ground coriander, cumin, chile flakes, star anise, and some salt and pepper and cook for a further 5 minutes.

Add the tomatoes with their juice and the chickpeas. Stir well, then add the parcooked cauliflower. Pour in enough cold water to almost but not quite cover everything (1/3 to 3/4 cup/100 to 200ml) and bring to a simmer. Simmer for 5 to 10 minutes, stirring once or twice, until the cauliflower is tender.

Stir in the garam masala and half of the chopped cilantro, then check the seasoning. Serve scattered with the remaining cilantro and accompanied by rice, flat breads, or naan.

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Roasted Curried Cauliflower

Recipe Courtesy of Epicurious.com

Ingredients:

12 cups cauliflower florets (from about 2 small heads cauliflower)
1 large onion, peeled, quartered
1 teaspoon coriander seeds
1 teaspoon cumin seeds
3/4 cup olive oil
1/2 cup red wine vinegar
3 1/2 teaspoons curry powder
1 tablespoon Hungarian hot paprika
1 3/4 teaspoons salt
1/4 cup chopped fresh cilantro

Preparation:

Preheat oven to 450° F. Place cauliflower florets in large roasting pan. Pull apart onion quarters into separate layers; add to cauliflower. Stir coriander seeds and cumin seeds in small skillet over medium heat until slightly darkened, about 5 minutes. Crush coarsely in mortar with pestle. Place seeds in medium bowl. Whisk in oil, vinegar, curry powder, paprika, and salt. Pour dressing over vegetables; toss to coat. Spread vegetables in single layer. Sprinkle with pepper.

Roast vegetables until tender, stirring occasionally, about 35 minutes. (Can be made 2 hours ahead. Let stand at room temperature. Rewarm in 450° F oven 10 minutes, if desired.)

Mound vegetables in large bowl. Sprinkle with fresh cilantro. Serve warm or at room temperature.

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Cream of Cauliflower Soup

Recipe from epicurious.com

Ingredients:

2 leeks, including 2 inches of green, roots trimmed
2 tablespoons olive oil
2 tablespoons unsalted butter
1 celery rib, with extra leaves, coarsely chopped
2 tablespoons finely minced garlic
6 cups chicken or vegetable broth (more if necessary)
Juice of half a lemon
1/4 teaspoon fresh ground nutmeg
1/4 teaspoon white pepper
1 head cauliflower, cored and broken into florets
1 cup heavy cream
Salt, to taste

Preparation:

Cut leeks in half lengthwise. Wash to remove dirt. Pat dry and thinly slice crosswise

Heat the oil with the butter in a heavy pot over low heat. Wilt the leeks and celery with leaves until softened, 10 minutes; add garlic during the last 5 minutes.

Add the broth, lemon juice, nutmeg, white pepper and cauliflower florets. Raise the heat to high and bring to a boil; reduce the heat and simmer, partially covered, until the cauliflower is very tender, 15 minutes. Cool slightly.

Purée with a regular blender until smooth. Pour soup back to the saucepan and add the cream and heat for an additional 10 minutes on medium-low heat. Season with salt and more white pepper if desired.

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Cauliflower, White Bean, and Feta Salad

Adapted from Epicurious.com

Ingredients:

1/3 cup olive oil

1 teaspoon minced fresh rosemary

2 tablespoons fresh lemon juice

1 tablespoon red wine vinegar

2 1/2 teaspoons finely grated lemon peel

1 1/2 teaspoons salt

1/2 teaspoon ground black pepper

1 medium head of cauliflower, trimmed, cut into small florets (about 3 cups)

1 (15-ounce) can white beans (such as Great Northern or navy beans), drained

2 large heads of Belgian endive, trimmed, halved lengthwise, then thinly sliced crosswise

1 tablespoon chopped fresh chives

2 teaspoons chopped fresh parsley

1/2 cup crumbled feta cheese (about 3 ounces)

Preparation:

Combine oil and rosemary in small saucepan. Stir over medium heat just until fragrant, about 1 minute. Cool.

Whisk lemon juice, vinegar, lemon peel, salt, and pepper in small bowl.

Combine cauliflower, beans, endive, chives, parsley, and rosemary oil in medium bowl; toss. Mix in cheese. Add lemon juice mixture and toss to coat. Season salad with salt and pepper.

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Cauliflower Steaks with Cauliflower Puree

Adapted from Epicurious.com

Ingredients:

1 1 1/2-pound head of cauliflower
1 1/2 cups water
1 cup whole milk
2 tablespoons vegetable oil plus additional for brushing

Preparation:

Preheat oven to 250° F. Using sharp heavy knife and starting at top center of cauliflower head, cut two 1-inch-thick slices of cauliflower, cutting through stem end. Set cauliflower steaks aside.

Cut enough florets from remaining cauliflower head to measure 3 cups. Combine florets, 1 1/2 cups water, and milk in medium saucepan, and sprinkle with salt and pepper. Bring to boil and cook until cauliflower florets are very tender, about 10 minutes. Strain, reserving 1 cup cooking liquid. Spread florets on large rimmed baking sheet, and bake 10 minutes until slightly dry. Transfer florets to blender. Add reserved 1 cup cooking liquid and puree until smooth. Return puree to same saucepan and increase oven temperature to 350° F.

Heat 2 tablespoons vegetable oil in heavy large ovenproof skillet over medium-high heat. Brush cauliflower steaks with additional oil and sprinkle with salt and pepper. Add cauliflower steaks to skillet and cook until golden brown, about 2 minutes per side. Transfer skillet to oven and bake cauliflower steaks until tender, about 10 minutes.

Re-warm cauliflower puree over medium heat. Divide puree between 2 plates; top each with cauliflower steak.

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Cauliflower Gratin with Mustard Sage Cornbread Crumbs

Adapted from Epicurious.com

Ingredients:

4 tablespoons (1/2 stick) butter, divided
1 cup chopped shallots
9 cups 1 1/2-inch cauliflower florets (preferably white, green, and yellow)
1 1/4 cups low-salt chicken broth
3/4 cup heavy whipping cream
1 teaspoon plus 1 1/2 tablespoons Dijon mustard
1 teaspoon plus 1 tablespoon chopped fresh sage
1 tablespoon all purpose flour
1 teaspoon finely grated lemon peel
1 1/2 cups coarsely crumbled cornbread (homemade or purchased)

Preparation:

Preheat oven to 375° F. Melt 2 tablespoons butter in heavy large pot over medium-high heat. Add shallots; sauté until beginning to soften, about 4 minutes. Add cauliflower. Sprinkle with salt and pepper; toss to coat. Add broth. Cover and steam until cauliflower is just tender, 8 to 10 minutes.

Using slotted spoon, transfer cauliflower to bowl. Add cream, 1 teaspoon mustard, 1 teaspoon sage, flour, and lemon peel to pot. Boil until sauce is thick, whisking, about 1 minute. Season with salt and pepper. Toss in cauliflower. Arrange cauliflower, stem side down, with sauce in 11 x 7 x 2-inch glass baking dish.

Melt 2 tablespoons butter in medium skillet over medium heat. Whisk in 1 1/2 tablespoons mustard and 1 tablespoon sage. Add cornbread crumbs; toss to coat. Spoon crumbs over cauliflower. Bake until topping is golden, 20 to 25 minutes.

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Cauliflower and Potato Gratin

Recipe from epicurious.com

Ingredients:

2 pounds russet (baking) potatoes, peeled and cut into 1-inch pieces
Salt
1 1/4 cups whole milk, divided
1 stick (8 tablespoons) unsalted butter, divided
4 ounces coarsely grated Italian Fontina or Gruyère (about 1 cup packed)
1/4 teaspoon freshly ground black pepper
1 (2- to 2 1/2-pound) head cauliflower, cut into 1 1/2-inch pieces, including stems and core
3 garlic cloves, peeled and smashed
3/4 to 1 cup grated Parmigiano-Reggiano, divided

Preparation:

Put potatoes and 2 teaspoons salt in a large heavy saucepan and generously cover with cold water (about 2 1/2 quarts). Bring to a boil, then reduce heat, and simmer, partially covered, until potatoes are tender, 15 to 20 minutes.

While potatoes are boiling, heat 3/4 cup milk and 3 tablespoons butter in a small saucepan until butter is melted and milk is hot but not boiling. Keep warm off heat, covered.

Drain potatoes well in a sieve or colander and return to hot saucepan. Add milk mixture, Fontina, and pepper, and mash with a potato masher or fork to desired consistency. Season with salt and keep warm, covered.

Bring a pot of well-salted water to a boil, then add cauliflower and garlic and simmer until cauliflower is very tender, 13 to 15 minutes.

Drain cauliflower in a colander and pulse with remaining 1/2 cup milk, 1/2 cup Parmigiano-Reggiano, and 3 tablespoons butter in a food processor until it's a chunky purée.

Stir together mashed potatoes and cauliflower mixture in a large bowl and season with salt and pepper. Transfer to a buttered 3-quart flameproof shallow baking dish (not glass).

Heat oven to 425° F with rack in middle. Melt remaining 2 tablespoons butter and gently brush over potato-cauliflower mixture, then sprinkle evenly with remaining 1/4 to 1/2 cup Parmigiano-Reggiano (to taste). Bake until potato mixture bubbles around edges, about 20 minutes.

Turn on broiler and broil 6 to 8 inches from heat until topping is browned in spots, 1 to 2 minutes.

Cooks' notes:

- Potato and cauliflower mixture, without final melted butter and cheese topping, can be made 2 days ahead and chilled, covered. Bring to room temperature, then bake and broil with topping.

- Recipe can be halved and baked in a 2-quart flameproof shallow baking dish.