

Cauliflower Cooking Tips:

- Soak head upside down in cold salted water to remove any hidden field pests.
- Remove tough outer leaves, rinse the cauliflower head, trim off any blemishes, and core the head for even cooking. The head may be left intact or cut into florets.
- Steam 15-20 minutes for a whole head and 5-10 minutes for florets. Cook until tender but not thoroughly soft. Stop the cooking process by running under cold water. Overcooked cauliflower may have a stronger odor and flavor, and a tendency to go mushy quickly.
- Raw florets are popular with a favorite dip.
- Sauté or stir-fry cauliflower with other colorful vegetables for a decorative touch.
- Marinate steamed cauliflower in a favorite dressing alone, or with other vegetables. Serve it chilled.
- Try cooked florets in your favorite pasta sauce, or pour sauce over entire cooked head.
- Top cauliflower with a lemon-butter sauce. Sprinkle with grated cheese.
- Use cauliflower puree for a creamy soup base or soup thickener.