

HOW TO COOK CAULIFLOWER

STEAMED

Serves: 4 Prep Time: 5 minutes
Cook Time: 7 minutes

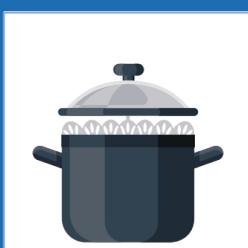
INGREDIENTS

1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets
1/2 tsp. fine sea salt



BOIL

About 1/4 inch of water in a large frying pan.



ADD

Sea salt and cauliflower florets.



COVER

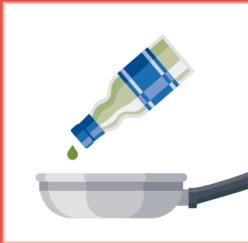
And steam until tender, about 3 minutes for tender-crisp or 7 minutes for soft.

SAUTÉED

Serves: 4 Prep Time: 5 minutes
Cook Time: 12 minutes

INGREDIENTS

2 Tbsp. extra virgin olive oil
2 cloves garlic, minced
1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets
Salt & pepper, to taste
Juice of 1 lemon



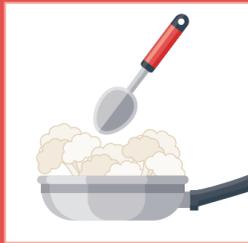
HEAT

Oil in a large skillet over medium-high heat.



ADD

Garlic and cook for 1 minute.



COOK

Cauliflower florets for 10-12 minutes until lightly browned and tender.



SEASON

With salt, pepper and lemon to taste. Serve hot.

ROASTED

Serves: 4 Prep Time: 10 minutes
Cook Time: 15 minutes

INGREDIENTS

2 Tbsp. extra virgin olive oil
2 cloves garlic, minced
1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets
Salt & pepper, to taste
Red chili flakes, optional
Juice of 1 lemon



PREHEAT

Oven to 400° F.



MIX

All ingredients in a bowl.



SPREAD

Onto a baking sheet.



ROAST

For 15-17 minutes, until sprouts are browned and tender. Serve hot.

PURÉED

Serves: 4 Prep Time: 10 minutes
Cook Time: 25 minutes

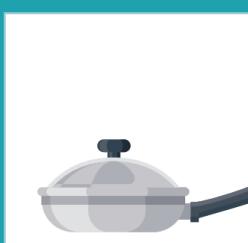
INGREDIENTS

1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets
4 cups whole milk
1 tsp. salt, divided
Pepper, to taste
1 Tbsp. unsalted butter
Chives, for garnish



COMBINE

Cauliflower, milk, and 1/2 tsp. salt in a medium saucepan over medium heat.



SIMMER

And cover, cooking until tender, about 20-25 minutes.



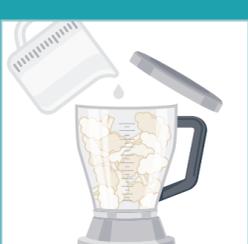
STRAIN

Cauliflower from milk mixture, reserving broth.



ADD

Cauliflower to a blender with remaining salt, butter, and half of reserved broth.



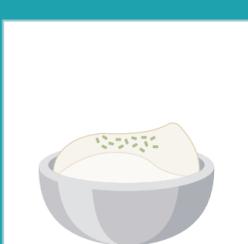
BLEND

Until desired texture is achieved.



SEASON

To taste with more salt and pepper.



SERVE

With chopped chives for garnish.