

COLORED CAULIFLOWER

Cauliflower is a variety of the Brassicaceae family, the family of cabbages, broccoli, and kale. A staple of crudité platters, cauliflower has been used in recent years as a substitute for rice and couscous, as well as pizza dough! If your cauliflower is colored, it's thanks to the pigments it contains carotene, chlorophyll, and anthocyanin give it beautiful orange, green, or purple hues.

Store it as soon as you buy it!

- Raw, whole, and unwashed in the vegetable drawer for 5 days or more.
- Cooked, in the fridge for 2 days.



Make reserves!
From mid-June to
late October.

ENJOY IT ALL YEAR ROUND!



By freezing it!

Wash and cut into florets, then blanch for a few minutes. It can be stored for about a year in a sealed container.

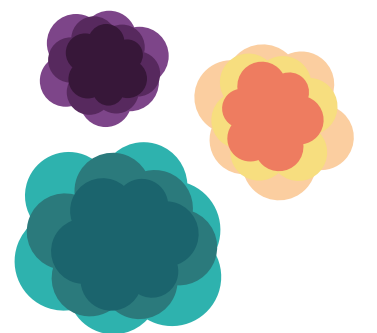
Recipe ideas: puree, hummus, gratin.



By dehydrating it!

Wash and cut into florets, then blanch for 3 minutes. Let cool and pat dry, then spread out flat. In the oven, set to 150°F for 6 to 10 hours, or in a dehydrator at 125°F for 8 to 12 hours.

Recipe ideas: soup, cauliflower popcorn.



By canning it!

Wash and cut into florets, then soak in salted and vinegared water for 1 hour. Blanch for 2-3 minutes and let cool. Put in jars and cover with brine (15g of salt per liter of water) up to 2 cm from the rim. Proceed with pasteurization for 45 minutes.

Recipe ideas: sauce, cauliflower croquettes.



The dehydration instructions are from the Hamilton Beach dehydrator manual. Check yours and rely on the texture!