



Local cauliflower

Availability:
june to november

Benefits

→ **Because it's not fussy!**

Cauliflower is just as good raw as cooked. You can eat it in a salad, a flan, au gratin, fried in batter, etc. You'll have no trouble finding a recipe you like!

→ **Parce qu'il est toujours prêt!**

Whether white, orange, green or even purple, all cauliflower cooks quickly. All it needs is 5 to 15 minutes in a steamer or simmering water and presto! But avoid overcooking it, or it will lose its flavour and become mushy.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Raw cabbage tabbouleh



PORTIONS: 4

20 MIN

Ingredients

- 1.25 L (5 cups) cauliflower, chopped
- 375 ml (1 ½ cup) tomatoes, diced
- 250 ml (1 cup) parsley, finely chopped
- 125 ml (½ cup) red onion, chopped
- 2 gloves garlic, crushed
- 10 fresh mint leaves, finely chopped
- 45 ml (3 tbsp) lemon juice
- 30 ml (2 tbsp) olive oil
- Sea salt and ground black pepper to taste

Directions

- 1 Place the first five ingredients in a salad bowl.
- 2 Whisk together the lemon juice, olive oil, sea salt and ground black pepper.
- 3 Pour the dressing over the vegetables and mix, making sure the cauliflower is well coated.

Note

This tabbouleh can also be served on a bed of couscous

Source : Inspired by mangersantebio.org

Tip!

- If you only need the florets for your dish, keep the core and the outside leaves to use in soups.



Cauliflower and lentil Indian soup



PORTIONS: 8

15 MIN 25 TO 30 MIN

Ingredients

- 15 ml (1 tbsp) olive oil
- 1 onion, chopped
- 2 gloves garlic, minced
- 15 ml (1 tbsp) fresh ginger, minced
- 22.5 ml (1 ½ tbsp) curry powder
- 22.5 ml (1 ½ tbsp) ground coriander
- 15 ml (1 tbsp) cumin
- 1.5 L (6 cups) chicken broth
- 250 ml (1 cup) red lentils
- 2 L (8 cups) cauliflower, cut into florets (approx. 1 cauliflower)
- 1 carrot, diced
- 250 ml (1 cup) baby spinach, coarsely chopped
- Coriander to garnish

Directions

- 1 In a saucepan, sauté the onion and garlic in the oil about 5 min.
- 2 Stir in the ginger, curry, ground coriander and cumin and cook for another 2 min.
- 3 Add the broth, lentils and cauliflower and simmer 15 to 20 min, or until the lentils and cauliflower are cooked. Add the spinach and cook for another 2 min.
- 4 Garnish with the fresh coriander and serve.

Source : Inspired by thehappyfoodie.co.uk/recipes