

LOCAL CHEF RECOMMENDS - - CAULIFLOWER TAGINE

2 cauliflowers, cut into small florets, approx. 10 cups (2.5 L)
¼ cup (50 mL) vegetable oil
2 tsp (10 mL) ground ginger
2 tsp (10 mL) ground cumin
1 tbsp (15 mL) lemon juice
2 tbsp (25 mL) chopped preserved lemon
1 tbsp (15 mL) chopped coriander or mint
Salt and freshly ground pepper

1. Preheat oven to 450°F (230°C).

2. Toss cauliflower with 2 tbsp (25 mL) oil. Place on a baking sheet and bake for 15 minutes, turning occasionally, or until browned and crisp tender.

3. Heat remaining 2 tbsp (25 mL) oil in a large skillet over high heat. Add ginger and cumin and stir-fry for 30 seconds or until spices are fragrant. Add cauliflower, reduce heat to medium-low and toss together until cauliflower is coated with spices. Stir in lemon juice and preserved lemon. Season with salt and pepper and sprinkle with chopped coriander.

Serves 6

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HOLLAND MARSH CAULIFLOWER

FACTS

Cauliflower has a large head of snowy white florets, surrounded by large, edible green leaves. The cauliflower is a member of the cruciferous family. It developed (or evolved) from the early strains of cabbage along with Brussels sprouts and kale. Fresh cauliflower has a distinctive, mild flavour. It can be used on a vegetable tray, in salads or used as an ingredient in stews, soups or baked dishes.

Health Benefits: Cauliflower is a good source of Vitamin C and a source of Vitamin B6, Folate and Vitamin K.

Number of acres farmed in the Marsh annually: 69 acres