

## LOCAL CHEF RECOMMENDS - - CURRIED CAULIFLOWER MOUSSE

1 small head cauliflower (about  
1½ lbs (750 g), stalk  
and leaves removed  
1 tsp (5 mL) olive oil  
2 cloves garlic, sliced  
½ tsp (2 mL) ground cumin  
½ tsp (2 mL) ground coriander  
¼ tsp (1 mL) ground turmeric  
¼ tsp (1 mL) black cumin seeds

Large pinch red pepper flakes  
¼ cup (50 mL) heavy cream  
1 egg yolk  
Salt and freshly cracked black  
pepper to taste  
1 tsp (5 mL) lemon juice  
Pappadums, for serving  
Peach chutney, for serving

1. Separate cauliflower into florets and place in a colander set over a pan of simmering water. Steam cauliflower for 5 to 6 minutes or until soft when pierced with a knife.
2. Heat olive oil in medium nonstick skillet over medium heat. Add the garlic and spices and cook for 1 minute. Set aside.
3. Transfer cauliflower to a blender and add the cream and egg yolk. Purée until smooth. Transfer to a bowl and, using a rubber spatula, stir in the spice mixture, salt, pepper and lemon juice. Refrigerate for 3 hours.
4. Serve cauliflower mousse on pappadums with a dollop of peach chutney.

**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