

Cooking with Amanda – Harvest Vegetables

Class 1 – Cooking with Cauliflower

Roasted cauliflower florets or steaks

- 1 head cauliflower
- 1 tsp chili powder
- ½ tsp cumin powder
- ¼ tsp salt
- 1 tablespoon water

Preheat oven to 350 F. Remove the leaves of the cauliflower, and cut the florets off the stem, splitting them to standardize the sizing, or if making steaks, cut through the center core vertically to make 2 halves, then slice parallel to each cut side to make a ½ inch steak.

Mix the spices and salt in a small bowl and add water to make a smooth paste that can be brushed easily. Use a pastry brush to spread the paste thinly over each floret or steak. You can double this portion of the recipe if the cauliflower is large, or if you run out of paste.

Place on a baking tray or cookie sheet. Bake until soft enough to eat and lightly browned, turning mid way, about 20 mins total, or if in a hurry, use the broiler but watch them carefully to ensure they don't burn. Serve as a side dish, or as a base for ratatouille or other suitable dish.

Potato and Cauliflower Curry

This recipe is adapted from [The Veg-Feasting Cookbook](#), page 179.

Use any small round boiling potato for this delicious classic Indian recipe. Serves 6.

- 1 small onion, chopped
- 3 cloves garlic, chopped
- 1 teaspoon whole cumin seeds
- 1 can chopped tomatoes
- 1 cauliflower, cut into small florets
- 1 pound potatoes, peeled and diced small
- 1½ teaspoons salt
- 1½ teaspoons turmeric
- ¾ teaspoon chili powder
- 1 tablespoon ground ginger
- 1½ teaspoons garam masala (*optional*)
- ¼ cup fresh cilantro leaves, chopped, optional for decoration.

Heat a little water in a large, heavy skillet over medium-high heat. Add the onion and garlic and sauté until the onion is translucent, about 5 minutes. Add cumin seeds and sauté for 2 minutes. Add the tomatoes and cook for an additional 3 to 4 minutes. Add the cauliflower, potatoes, salt, turmeric, red chili powder and ginger. Cover and cook for 15 to 20 minutes, stirring occasionally. When cooked, add the garam masala and stir to combine thoroughly. Top with the cilantro and serve.

Cauliflower “Cheese”

1 cauliflower, cut into florets

Cheese sauce:

- ¼ cup raw cashews
- 2 cups water
- ¾ teaspoon salt
- ¼ cup nutritional yeast powder
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 3 tablespoons cornstarch or arrowroot powder
- 1 teaspoon to 1 tablespoon lemon juice to taste
- 1/3 cup roasted red bell pepper (packed in water)

Place cauliflower florets in a steamer, or a saucepan with a ½ inch water in the bottom. Bring to a boil and steam until cauliflower is soft, around 10 mins.

For cheese sauce, place all ingredients in a blender and blend until smooth. Pour into a saucepan and bring to a boil while stirring constantly. It will thicken to cheese sauce consistency.

Place cauliflower into a serving dish and pour over the cheese sauce, or place in a baking dish with cheese sauce on top, and bake under broiler until top is browned. Serve.