
ITALIAN
KITCHEN SHOPPE



COOKING SCHOOL
CATERERS

Cooking Thyme Cauliflower Show Recipes

Roasted Cauliflower Steaks drizzled with Extra Virgin Olive Oil

1 Large head cauliflower, stems and core removed, sliced into 1 ½ inch-thick slices
Regular olive oil
Salt and fresh ground pepper or Adobo seasoning
1 cup shredded Parmesan cheese
½ cup toasted pine nuts
Extra virgin olive oil
Salt and fresh pepper to taste

For simple Salad Option:

Baby arugula
Shaved Parmesan cheese
Lightly toasted pine nuts
Balsamic syrup/glaze
Sliced pitted Kalamata olives

Place cauliflower slices on a sheet pan lined with parchment paper. Drizzle with regular olive oil and then season with salt and fresh ground pepper or Adobo seasoning mix. Place in a pre-heated 450-degree oven and roast until the cauliflower is tender with tops and edges lightly browned. Remove from oven.

Simple Salad Option

Sometimes I make a simple arugula salad, seasoned with salt and fresh pepper and dressed with extra virgin olive oil and lemon juice. Then I add the roasted cauliflower steak and add some shaved Parmesan cheese and if I want to really make it special, I add some toasted pine nuts for a simple yet wonderful main course salad.

Another option is to drizzle salad with some balsamic syrup and top with sliced Kalamata olives.

Creme Dubarry (Creamy Cauliflower Soup)

(serves 8)

2 tablespoons unsalted butter
1/3 pound leek, white bottoms only, washed and sliced 1/4 inch
2 tablespoons flour
2 pounds cauliflower, cleaned and chopped
2 quarts white stock, veal or chicken
1 cup heavy cream
2 egg yolks, (optional)
 Salt and fresh pepper
 freshly chopped herbs for garnish

optional:

Maggi Seasoning A few drops of this stirred in when serving adds an Umami flavor

Melt the butter in a medium sauce pot, over medium heat, and lightly sauté the leeks without coloring. Sprinkle in the flour and sauté for 2 minutes. Add the cauliflower and the stock and mix until smooth. Cover the soup and simmer for 30-45 minutes until the cauliflower is soft and tender.

Puree the soup and add the cream and bind with the egg yolk if necessary. Season with salt and fresh pepper. Ladle into bowls and garnish with fresh herbs.

***Note: While I did this recipe in its entirety while in culinary school, when I make it now I do not add the cream and bind with the egg yolk as I like it as is.**

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Cauliflower Gratin

(Inspired from my time working at Chez Catherine Restaurant in Westfield NJ)

Roasted cauliflower florets
Creme Dubarry (Creamy Cauliflower Soup)
Shredded Gruyere and Parmesan cheese

Arrange roasted cauliflower florets in a baking dish and pour over some Crème Dubarry soup, sprinkle with shredded cheeses and bake until the cheese is golden and bubbly.

My Mom Nina's Breaded Cauliflower

(You can do this same procedure/dish using broccoli florets instead of cauliflower)

Mark Twain said cauliflower is nothing but cabbage with a college education. Cauliflower, a member of the cabbage family, is comprised of bunches of tiny florets on clusters of stalks. The entire floret portion is called the curd. When serving poached add 1 tablespoon of lemon juice or 1 cup of milk to the cooking water to prevent discoloration. It is not necessary for this recipe as the cauliflower will be breaded. High in vitamin C and a fair source of Iron. (Information taken from Food Lover's Companion, Sharon Tylor Herbst.)

- 1 whole head cauliflower divided into large florets (curds) and lightly poached until tender.
- 1 cup all-purpose flour
- 3 eggs whisked together with 3 tablespoons milk
- Salt and fresh pepper
- 2 cups Progresso Italian style breadcrumbs
- 1 cup olive oil

After large florets are lightly poached, allow to cool. Have your flour, egg, and bread crumbs lined up in separate bowls. Salt and pepper the egg mixture. Dredge the florets in flour, egg, then breadcrumbs making sure they are all coated sufficiently. Heat the olive oil in a medium sauté pan over medium heat. When oil is hot start adding the breaded florets and sauté until golden on all sides. Remove and place on a plate lined with paper towels. Do not crowd the pan and as you remove a finished floret immediately replace with another uncooked one. The idea is to maintain the volume in the pan, so the pan temperature does not change. When all the florets are cooked you can serve warm or at room temperature. Sprinkle with some additional salt, pepper, and serve. You can also re-warm them up in a hot oven for a few minutes if necessary. We even eat them cold the following day as these are a real treat for us and were only made for Thanksgiving, Christmas, and Easter Dinner.

Classic Thyme at Toscana, Our New Location

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