

Carrboro Farmers' Market

Locally Grown  Nationally Known

May 22, 2004

Recipe of the Week  featuring **Cauliflower**

from **Sheri Castle** of **Creative Cooking with Sheri Castle**

Marinated Cauliflower

I'm tickled pink by the baseball size heads of cauliflower that are popping up in the market these days. And have you seen the stunning colors? Not only white, but deep raspberry and mustard yellow! I think Dr. Seuss would have loved these lovely and intriguing little nuggets. Although the colors do not hold during gentle cooking, try them raw in this crunchy and compelling recipe. You can use bite-sized florets to make a salad, or chop the ingredients into small pieces to use as a relish. Keep in mind that you need to marinate the cauliflower overnight, so plan accordingly.

1/4 cup red wine vinegar
4 tablespoons grainy Dijon mustard
1/2 cup extra-virgin olive oil
Salt and pepper
2 pounds cauliflower, cut into florets (about 6 cups)
1/2 cup Kalamata olives, pitted and coarsely chopped
2 tablespoons capers, drained
3 cloves fresh garlic, peeled and minced
1 bunch green onions, white and light green parts, chopped
1/4 cup chopped fresh Italian parsley

Whisk the vinegar and mustard together in a small bowl and then gradually whisk in the oil. Season the vinaigrette generously with salt and pepper. Combine the cauliflower, olives, capers and garlic in a large bowl. Add the vinaigrette and toss to coat. Cover the salad and refrigerate overnight. Just before serving, mix in the green onions and parsley.

Makes 6 to 8 servings.

(over)

Chapel Hill Carrboro Farmers' Markets

Carrboro Farmers' Market  Saturdays  March 20 – December 19

Carrboro Farmers' Market  Wednesdays  April 14 – October 20

Southern Village Farmers' Market  Thursdays  May 6 – Late September

Don't be afraid to experiment! Create your own recipe using this helpful list ~

From **Culinary Artistry** by **Andrew Dornenburg & Karen Page**

Cauliflower is complemented by

aïoli
almonds
anchovies
bacon
béchamel sauce
bread crumbs
butter, especially brown
cheese, especially
Cheddar, Gruyère or
Parmesan

chervil
chives
cracker crumbs
cream
crème fraîche
curry
garlic
ham
hollandaise sauce
lemon

Mornay sauce
mousseline sauce
mushrooms
mussels
nutmeg
nuts
olive oil
parsley
pepper, especially hot
tomato sauce
walnuts

Helpful Tips for Using Ingredients that Complement Cauliflower

From Larousse Gastronomique The World's Greatest Culinary Encyclopedia

Aïoli – Also known as ailloli. A Provençal emulsion sauce of garlic and olive oil, best known in its mayonnaise form with egg yolks. The Provençal name comes from ail (garlic) and oli (dialect for oil).

Béchamel – A white sauce made by combining hot flavoured or seasoned milk with a roux. One of the basic sauces, the classic recipe calls for milk flavoured by heating it with a bay leaf, a slice of onion and a blade of mace or some nutmeg.

Hollandaise – A hot emulsified sauce based on egg yolks and clarified butter. The sauce should be made in a well-tinned copper or stainless steel sauté pan; an aluminum pan will turn it greenish.

Mornay – A béchamel sauce enriched with egg yolks and flavored with grated Gruyere cheese.

Mousseline – Used as an adjective to denote a sauce enriched with whipped cream.

Saturday, May 29th, 8:30 a.m.
Cooking Demonstration

**Join Sheri Castle as she shops for,
shares wisdom about, and prepares
the freshest local ingredients
in an impromptu celebration of
“The Best of the Day”**

www.carrborofarmersmarket.com