

XCentric Ideas



Recipes from the Internet
Photos my own

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Cauliflower facts

1. Fight Cancer

Cauliflower contains sulforaphane, a sulfur compound that has also been shown to kill cancer stem cells, thereby slowing tumor growth.

2. Boost Heart Health

Sulforaphane in cauliflower and other cruciferous vegetables has been found to significantly improve blood pressure and kidney function.

3. It's Anti-Inflammatory

Cauliflower contains a wealth of anti-inflammatory nutrients to help keep inflammation in check, including indole-3-carbinol or I3C.

4. It's Rich in Vitamins and Minerals

One serving of cauliflower contains 77 percent of the recommended daily value of vitamin C. It's also a good source of vitamin K, protein, thiamin, riboflavin, niacin, magnesium, phosphorus, fiber, vitamin B6, folate, pantothenic acid, potassium, and manganese.

5. Boost Your Brain Health

Cauliflower is a good source of choline, a B vitamin known for its role in brain development.

6. Detoxification Support

Cauliflower helps your body's ability to detoxify in multiple ways. It contains antioxidants that support Phase 1 detoxification along with sulfur-containing nutrients important for Phase 2 detox activities. The glucosinolates in cauliflower also activate detoxification enzymes.

7. Antioxidants and Phytonutrients Galore

Eating cauliflower is like winning the antioxidant and phytonutrient lottery. It's packed with vitamin C, beta-carotene, kaempferol, quercetin, rutin, cinnamic acid, and much more. Antioxidants are nature's way of providing your cells with adequate defense against attack by reactive oxygen species (ROS).



Cauliflower Mash

fresh raw cauliflower florets, rinsed
butter
milk
salt, pepper

Steam the florets on stove or in microwave till soft. Drain. In processor (blender), mix the steamed florets with butter and little bit of milk (PRECISELY as you would do with potato mash). Season.



Cauliflower Rice

fresh raw cauliflower florets, rinsed

In processor (chopper), chop the florets till they resemble rice. Steam on stove or in microwave for about 2 – 3 minutes (taste – steam longer if you want). Drain through fine sieve.

Cauliflower Pesto

1 cup raw cauliflower florets, rinsed, chopped
1 cup grated cheese
40 - 50 g salted peanuts (start with less, you can then add more if you want)
2 tbsp oil
1 ½ tbsp lemon juice
½ tsp crushed garlic

Mix everything together in processor, taste, adjust the seasoning. *Use other nuts instead of peanuts.*



Recipe: my own

Cauliflower 'Nachos'

fresh cauliflower florets, rinsed
oil
spices

Preheat oven to 220 oC. Slice the florets carefully, place them on baking sheet (*I used baking paper*). Drizzle oil over, season and bake for 20 – 30 minutes till brown and crispy. *These are amazing! Use them as a base for your nachos recipe.*



Recipe: Adapted from <http://www.busyinbrooklyn.com/cauliflower-nachos-with-harissa-cheddar-sauce/>



Pickled Cauliflower

200g raw cauliflower florets, rinsed well
60 ml castor sugar
1 bay leaf
8 peppercorns
200 ml white vinegar

Sterilise your jar.

Heat the vinegar, sugar, bay leaf and peppercorns till sugar is dissolved. Place your raw cauliflower florets in sterilised jar. Pour over the hot pickle mixture. Let it cool. Refrigerate.

Recipe: adapted from Picknpay.co.za



Cauliflower Soufflé

750 ml cauliflower mash
extra butter, melted
6 large eggs, separated

Preheat oven to 180 oC. Beat the mash and yolks together. Beat the egg whites till stiff peaks form and fold it into the mash mixture. Brush 1 or 2 ramekins (cups) with the melted butter. Spoon the mash mixture into the ramekin. Heap it up high and bake for 25-30 min at 180oC. Serve immediately. It will deflate once out of the oven, but the texture is amazing – even after hours.

Recipe: my own

Cauliflower 'Tato' Salad

1 head of cauliflower
3 large eggs
1 raw onion, chopped finely
curled parsley, fresh, chopped
salt and pepper to taste
1 cup mayo (or more – salad cannot be dry)
1 tbsp sugar



1. Roughly chop cauliflower into bite-sized pieces, then place in a pot of boiling water. You need enough water to cover the cauliflower. Cook until the cauliflower is fork-tender (or steam it for about 11 minutes on High in microwave)
2. Rinse cauliflower in cold water, drain well and then refrigerate for a few hours.
3. In the meantime, boil 3 eggs. Remove the egg shells and allow those to chill for a few hours as well.
4. Once the cauliflower and eggs are chilled, dice the eggs.
5. In a large bowl, combine all of the ingredients until everything is covered. Refrigerate for another hour before eating.

Feel free to add your own mix-ins (green olives, onions, bacon, capers, etc.)



Cauliflower Cheese Sticks

- 1 cup raw cauliflower rice
- 1 large egg
- spices to taste
- 1 tsp salt
- 1 tsp crushed garlic
- 1 cup mature cheddar cheese, grated

Steam the cauliflower rice for about 3 minutes. Drain through sieve. Mix in the eggs, ½ cup of cheese and spices. Place mixture on greased baking sheet in round or rectangular shape. Bake for about 25 minutes till golden brown and crispy. Remove from oven, sprinkle with remaining cheese and bake for another 5 minutes or till cheese is melted. Slice and serve.

Or top with pizza toppings and bake for another 5 minutes.

Gluten-Free Cauliflower Pizza Bread

1 cup raw cauliflower rice
2 large eggs
1 cup grated cheese (mozzarella / cheddar)
slices of pepperoni / salami, cubed (optional)
1 tsp smoked paprika
1 tsp cajun spices
salt, pepper



Preheat oven to 200 oC. Grease a Bundt pan (or doughnut pan if you have. Am sure a normal bread pan should work as well.

Mix all the ingredients by hand very well. Seasoning depends on you.

Press the mixture firmly down into your pan (whichever one you use).

Bake for 30 – 35 minutes.

THIS IS SERIOUSLY AMAZING!!!!!! It firms up so that you can actually slice it!!!!!!



Cauliflower Bake

300g fresh raw cauliflower florets, rinsed
125 ml (1/2 cup) fresh cream
125 ml (1/2 cup) milk
jalapeno slices (optional)
raw bacon pieces (optional)
brown onion soup powder
black pepper
grated cheese

Preheat oven to 200 oC. In oven dish, place raw cauliflower on bottom. Sprinkle jalapeno and bacon on top. Sprinkle some brown soup powder over. Mix cream and milk, pour over. Top with grated cheese. Cover with foil, put lid on and bake for about 40 minutes. Remove foil and lid and bake for another 10 minutes. *Even without the jalapeno and bacon, this will be a lovely side dish or main meal.*

Recipe: my own, inspired by Hein after my yummy potato bake