



Highlighting - Broccoli-Cauliflower and Carrots

Green Cauliflower and Carrot Gratin

Creamy sauce & crunchy topping with sweet carrots and green cauliflower

- 16 ounces 2 to 2-1/2-inch carrot sticks
- 6 cups green cauliflower or Romanesco florets (1 head)
- 3 Tablespoons unsalted butter
- 1 cup chopped onion
- 3 Tablespoons all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground mustard
- 1-1/2 cups low fat milk or unsweetened almond milk
- 2 ounces Monterey Jack pepper cheese
- 1/2 cup crushed butter garlic croutons
- Garnish: ground paprika as desired

Before Starting: Heat oven to 350 degrees F. Spray 2-quart baking casserole dish with cooking spray

Precook Vegetables: In a 5-quart Dutch oven pot, heat 8 cups water to boiling; Add carrots; boil uncovered 15 minutes; add cauliflower, boil 4 minutes longer. Drain vegetables; set aside.

Prepare Sauce: In a large saucepan, melt butter; sauté onions until softened, stir occasionally. Stir in flour and salt, whisk cooking about 1 minute to combine. Slowly stir in ground mustard and milk. Cook, stirring until bubbly and slightly thickened. Remove from heat; mix in cheese until melted; stir in carrots and cauliflower to coat. Spoon into prepared casserole dish.

Bake Vegetable Casserole: Bake uncovered in preheated 350-degree F oven for about 25 to 30 minutes or until vegetables are at desired texture. Let stand about 5 minutes.

Before Serving, sprinkle with crushed croutons; sprinkle top lightly with ground paprika.
Yield: serves about 6 to 8

Cook's Note: Any color of cauliflower can be substituted for the Romanesco cauliflower To save time, chop the onions, carrots, and cauliflower ahead of time. If desired, use mini carrots in place of the longer variety.

About the Recipe: This is a delicious dish to serve as a side dish or vegetable entrée. The green and orange contrasting colors make an excellent choice as a company or holiday dish. The green cauliflower has a mild, sweet, and subtly nutty flavor, without the bitter undertones commonly associated with white cauliflower varieties. When it's cooks, they have a tender texture and slightly sweeter, perfect for pairing with the carrots.

Cooking Tips: Green Cauliflower, known also as Romanesco, broccoflower, or Roman cauliflower is well suited for fresh and cooked preparations, including boiling, stir-frying, roasting, frying, and steaming. It can also be sliced into thick cuts and roasted as a meat alternative, steamed, and pureed for sauces, mashed potatoes, and soups, served with cheesy dips as a side dish, cooked whole, or incorporated into casseroles for a savory meal. It can also be served in salads or blended into smoothies as a thickener.

Health Benefits: Green cauliflower is an excellent source of vitamin C, fiber, vitamin A, folic acid, and copper to optimize the nervous system.

For More Information See:

https://specialtyproduce.com/produce/Green_Cauliflower_3923.php