



Get to know: Cauliflower

Cauliflower is one of several varieties in the *Brassica oleracea* species, in the family *Brassicaceae*. This family includes broccoli, Brussels sprouts, cabbage, collard greens, and kale. Although the entire plant is edible, the cauliflower head, composed of a white inflorescence meristem, is most commonly eaten. Although the cauliflower head does resemble that of broccoli, the essential difference is that the broccoli head is flower buds, whereas the head of the cauliflower is a stem. You'll want to include cauliflower as one of the cruciferous vegetables you eat on a regular basis if you want to receive the fantastic health benefits provided by this vegetable family. Cauliflower also exist in a variety of colours, including orange, purple, and blue.

Nutrition

One cup (100g) of cauliflower has 25 calories, 5g of carbohydrates, 2g of fibre, and 1.9g of protein. With 25 calories per 1-cup cooked serving, cauliflower fill you up without costing you too many calories. If you're trying to control your calorie intake to lose weight or maintain a healthy weight, foods like cauliflower make a good choice.



Facts

Cauliflower has been noticed by mathematicians for its peculiar shape with a distinct fractal dimension, predicted to be about 2.8 (for those who understand maths). This means that every branch or module of a cauliflower is similar to the

entire cauliflower! Another mathematical quality is the angle of the module - as they become more distant from the center, is 360 degrees divided by the golden ratio.

Health Benefits

Cauliflower as a vegetable is an excellent source of vitamin C and manganese. These two elements act as core conventional antioxidants – which have been associated with reductions in cancer risk and unwanted oxidative stress. It is also an excellent source of vitamin K, which is praised for its hallmark anti-inflammatory nutrients. It acts as a regulator of our inflammatory responses responsible for e.g. asthma and allergies. Besides brilliant amounts of vitamins, it also contains high fibre content, making it a great choice for digestive system support.

source: en.wikipedia.org/wiki/cauliflower, www.whfoods.com

image: mariobatali.com/

What to you can try:

Mustard Parmesan Whole Head Roasted Cauliflower

Recipe by: Food Network

Serves: 4

What You Need:

- 2 large heads of cauliflower
- 1 glove of garlic
- ¼ cup of olive oil
- 4 tablespoons of dijon mustard
- Kosher salt and freshly ground black pepper
- ½ cup of parsley
- ½ of grated Parmesan

What To Do:

1. Position an oven rack in the bottom of the oven and preheat to 220 degrees C. Line a baking sheet with foil.
2. Remove the leaves from the cauliflower, then trim the stem flush with the bottom of the head so the cauliflower sits flat on the prepared baking sheet. Rub the outside of each head with cut garlic.
3. Whisk together the oil, 3 tablespoons mustard, 1/2 teaspoon salt and a few grinds of black pepper in a small bowl.
4. Put the cauliflower on the prepared baking sheet and brush the entire outside and inside with the mustard-oil mixture. Roast the cauliflower until nicely charred and tender (a long skewer inserted in the center of the cauliflower should pass through easily), 50 minutes to 1 hour. Let rest for a few minutes.
5. Meanwhile, combine the parsley and parmesan in a small bowl. Brush the roasted cauliflower heads all over the outside with the remaining 1 tablespoon mustard and generously sprinkle with the parmesan-herb mixture.
6. Cut the cauliflower into thick wedges and serve on plates with a sprinkle of salt, lemon wedges and any extra parmesan-herb mixture.

source: www.foodnetwork.com/recipes/food-network-kitchens/mustard-parmesan-whole-roasted-cauliflower.html

More information

- 10 clever ways to eat cauliflower that you need to know about: www.food24.com/News-and-Guides/Food-in-Focus/10-clever-ways-to-eat-cauliflower-that-you-need-to-know-about-20150120
- Cauliflower-Cashew Soup with Crispy Buckwheat: www.bonappetit.com/recipe/cauliflower-cashew-soup-crispy-buckwheat