



# HOW TO COOK CAULIFLOWER

## STEAMED



Serves: 4



Prep Time: 5 minutes  
Cook Time: 7 minutes

### INGREDIENTS

1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets

1/2 tsp. fine sea salt



#### BOIL

About 1/4 inch of water in a large frying pan.



#### ADD

Sea salt and cauliflower florets.



#### COVER

And steam until tender, about 3 minutes for tender-crisp or 7 minutes for soft.

## SAUTÉED



Serves: 4



Prep Time: 5 minutes  
Cook Time: 12 minutes

### INGREDIENTS

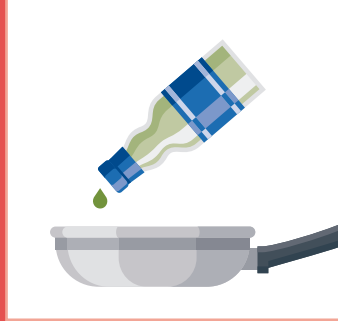
2 Tbsp. extra virgin olive oil

2 cloves garlic, minced

1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets

Salt & pepper, to taste

Juice of 1 lemon



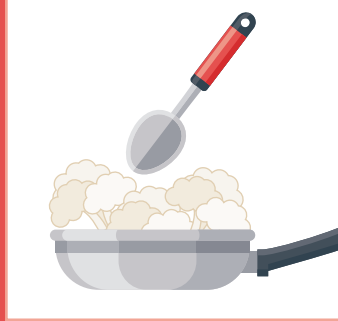
#### HEAT

Oil in a large skillet over medium-high heat.



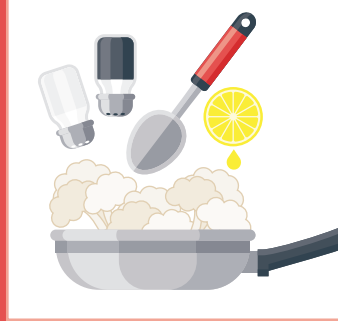
#### ADD

Garlic and cook for 1 minute.



#### COOK

Cauliflower florets for 10-12 minutes until lightly browned and tender.



#### SEASON

With salt, pepper and lemon to taste. Serve hot.

## ROASTED



Serves: 4



Prep Time: 10 minutes  
Cook Time: 15 minutes

### INGREDIENTS

2 Tbsp. extra virgin olive oil

2 cloves garlic, minced

1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets

Salt & pepper, to taste

Red chili flakes, optional

Juice of 1 lemon



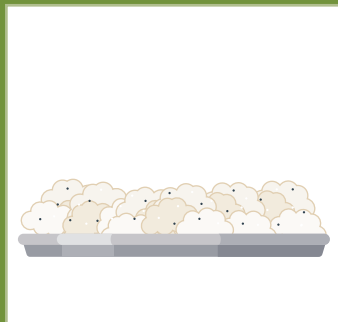
#### PREHEAT

Oven to 400° F.



#### MIX

All ingredients in a bowl.



#### SPREAD

Onto a baking sheet.



#### ROAST

For 15-17 minutes, until sprouts are browned and tender. Serve hot.

## PURÉED



Serves: 4



Prep Time: 10 minutes  
Cook Time: 25 minutes

### INGREDIENTS

1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets

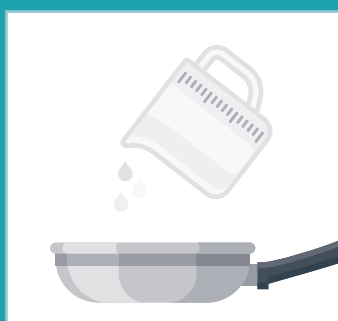
4 cups whole milk

1 tsp. salt, divided

Pepper, to taste

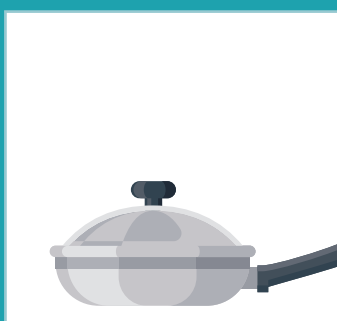
1 Tbsp. unsalted butter

Chives, for garnish



#### COMBINE

Cauliflower, milk, and 1/2 tsp. salt in a medium saucepan over medium heat.



#### SIMMER

And cover, cooking until tender, about 20-25 minutes.



#### STRAIN

Cauliflower from milk mixture, reserving broth.



#### ADD

Cauliflower to a blender with remaining salt, butter, and half of reserved broth.



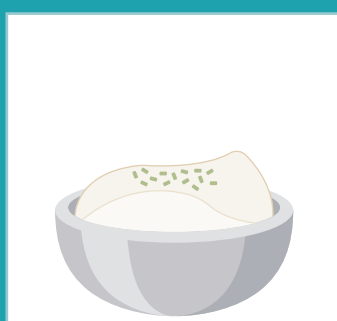
#### BLEND

Until desired texture is achieved.



#### SEASON

To taste with more salt and pepper.



#### SERVE

With chopped chives for garnish.



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