

Le foglie del cavolfiore – che cavolo !

Ideas for cauliflower leaves

One variety of this year's winter cauliflower produced splendid «flowers», to be sure, but also endless amounts of greenery. Take it all to Otto the donkey ? A pity. Here are a few ideas for gardeners or cooks who can buy a cauliflower with its greens at the market !

Side dish for 4 people

600 g inner cauliflower leaves, wash, cut into strips, blanch in salted water for about 4 minutes and drain.

Finish steaming in olive oil with a little garlic, keeping them crunchy.

Version 1 : before serving, fold in a little cream and parmesan.

Version 2 : when serving, put a little tomato sauce on the plate, the leaves on top and flavour with chopped parsley, capers and olives.

Version 3 : what else do I have in the fridge ?

Gratin for 4 people

600 g outer cauliflower leaves
cut out the leaf ribs. Then cut ribs and leaves into strips and blanch them separately. Ribs for about 8 – 9 minutes, leaves about 6 minutes. Lift each out with a slotted spoon, so you only need one pot of salted water. Flavour them in a frying pan with garlic and olive oil.

700 g potatoes, peel, cut into slices and cook.
Season with salt, pepper and olive oil.
Rub a gratin dish with olive oil.

Version 1 : mix leaves, ribs and potatoes,
fold in béchamel sauce, grated cheese on top.

Version 2 : If you have no time for béchamel sauce right now : mix leaves, ribs and potatoes, fold in fried diced bacon. Pour whipped cream over it and finish with grated cheese.

Version 3 : put into the gratin dish in layers.
potatoes – tomato sauce – leaves and ribs –
tomato sauce – grated cheese.

If you have some meat sauce or leftover fish to hand, these go well with it too ...



«FLOWERS»

In the «Antipasti» chapter on our website you will find the recipe for cauliflower from the oven, number 52. It works well as a main course too !