



FarmFresh

Recipes

September 2016

Available Now...

Cauliflower

Cauliflower is in the same family as cabbage, brussels sprouts, kale, broccoli and collard greens. Although most often white, cauliflower comes in a rainbow of colors including orange, green and purple.



Tips & Nutrition

Choose cauliflower that is dense with fresh green leaves surrounding the florets. Cauliflower is fat free, low in calories, high in Vitamin C and a good source of folate.



Fresh Inspirations...

Low Country Cauliflower

Ingredients

- 1 Head Fresh Cauliflower, cut into florets
- 2 Tbsp. Olive Oil
- 3 Tbsp. BBQ Rub
- 1/2 Cup Carolina-Style Mustard BBQ Sauce
- Fresh Parsley, chopped

Directions

Cut the cauliflower into florets and place in a medium stainless steel mixing bowl. Drizzle with oil, add the seasoning to taste and toss to combine. Allow to sit for 10-15 minutes then place the seasoned florets onto a foil or metal perforated pan, then onto a cookie sheet.

Smoker Instructions

Fill hopper with pellets, such as a blend of Maple and Pecan. Turn the smoker on to Smoke setting, open the lid and allow smoke to start (5 minutes), then close the lid. Once smoke has started place the cauliflower onto a foil or metal perforated pan, place the pan onto the smoker and close the lid and smoke for 1 hour. At the 1 hour mark remove the cauliflower from the smoker and place into the stainless steel mixing bowl. Close the smoker lid and turn temperature to 400 degrees. Drizzle the smoked cauliflower with the Carolina-style mustard sauce and toss to combine. Place cauliflower onto the cookie sheet and put back into the smoker. Close the lid and cook at 400 degrees for approximately 15-20 minutes, or until the sauce begins to glaze. Remove from the smoker, place in a large serving bowl and garnish with a sprinkle of BBQ rub and fresh chopped parsley.

Enjoy with a glass of Colorado wine such as Passion Fruit Nectar from Redstone Meadery in Boulder, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Carrots