Fresh Vegetable

CAULIFLOWER



Ref: CAV-02

Italian name: Cavolfiore

Weight: 4-5 kg

Description: A brassica, like cabbage and broccoli, cauliflower is a mass of tiny, tightly packed flower heads (called curds), which grow from a thick central stem to form a single, round head, cupped by green leaves. It has a firm, almost waxy texture, and a mild, delicate flavour.

Peak season: Winter

Serving suggestion: The florets are great used raw in a salad or as part of a crudité selection served with dips. A good way to cook it for the kids is boil them, put in a pan, cover with grated Grana Padano cheese, speck, milk cream and gratinate them in the oven.

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