

Assorted Cauliflower Recipes

Cauliflower Rice

Franca

INGREDIENTS:

1 head cauliflower (or however much you want)

PREPARATION:

To make this dish the most easily and to have it come out the best, three pieces of equipment are very helpful:

- A food processor
- A microwave
- A covered (or fairly tightly coverable) microwave-safe dish

Process fresh cauliflower until it is the size of rice, either using the plain steel blade or the shredder blade. Alternatively, you can shred it with a hand-held grater. Microwave it in a covered dish. **DO NOT ADD WATER.** Cauliflower absorbs water like crazy, and the "granules" will become gummy. To keep it fluffy, just let the moisture in the cauliflower do its work.

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### Cauliflower Popcorn

#### **Ingredients**

2 cups cauliflower florets (200g)  
Cajun seasoning

#### **Method**

Place cauliflower florets in a large bowl with Cajun seasoning, salt and pepper and toss to coat.

Place onto an oiled baking tray and spray lightly with olive oil spray, adding extra seasoning if required.

Bake in a moderate oven 180c for 15-20 minutes or until golden

#### **Tip:**

For different flavours try adding chilli powder or any other spices...

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Cauliflower Muffins!

BabyDoll

A friend put me on to this!

1/4 of a cauliflower (florets) chopped

1 x mini tub of light philli cheese onion and chive flavour (from the 4 pack)

1 egg

salt & pepper
mixed herbs

melt the philli cheese and mix with the egg, add cauliflower, mixed herbs and seasoning to taste. Pour into muffin tins and cook in the oven at 180C until egg has completely set. I served with other allowed vegies and just lessened our protein to allow for the egg.

Enjoy!

[Cauliflower cous cous](#)

[Cherri](#)

Hi all, borrowed the not fried rice, I cut up cauliflower, stalks and all, and processed it in a food processor till it looked a bit like rice, then I steamed it, and used it as a base for turkey stroganoff and it was very edible, DH says he would eat it once a week.

He said it was more like couscous than rice, I only steamed it for 10 minutes so it still had a little crunch and I drained it well before serving it on to the plate.

I made the "Stroganoff" using Continental low fat creamy Chicken and Mushroom simmer sauce which states it has 4.3G Carbs per 100 ml. which I think, meets TF guidelines.

[Cauliflower Bread Crepes with Banana and...](#)

[FatCat99](#)

I was fiddling around with the Cauliflower Bread recipe and thought that it might work quite well as a crepe. And it does!

Recipe:

1/2 cauliflower, 1 egg, 2 tablespoons simply fibre, dash of milk.

For Filling: 1 Banana, mashed, cinamon to taste, perhaps a little creme cheese with splenda or allowed low carb icecream

Method:

Boil and mash cauliflower, mix in fibre, mix in egg, add dash of milk. Don't make the mixture runny, it should be the consistency of mashed potato.

Lightly spray a baking tray and spread about two tablespoons of the mixture out in a circle; your crepe should be thinner than a slice of bread. I had enough mixture to make five "crepes". Lightly spray the top of each cauliflower crepe. Bake in the oven, till the top is lightly browned and then flip them over. (My oven isn't working properly, so I'm guesstimating that its about fifteen minutes till you flip, then ten minues for the other side). I'm going to experiment if these can be made in a non-stick pan, too.

While warm, spread each crepe with banana filling and fold. Absolutely delicious (Hubby liked them too). I'm thinking these would also be yummy with berries, if those are allowed.

Cauliflower as popcorn

Ingredients:

2 cups cauliflower flowerettes (200g)
Cajun seasoning

Method:

Place cauliflower in a bowl with Cajun seasoning, salt and pepper and toss to coat
Place onto an oiled baking tray and spray lightly with olive oil, adding extra seasoning if required
Bake in a moderate oven (180oC) for 15-20 mins or until golden

Tip: For a different flavour try adding, chilly, curry or any other spices you like

Cauliflower and Broccoli Soup

4 cups chicken stock
1 tablespoon olive oil
1 large onion, chopped (about 2 cups)
2 dried bay leaves
1/2 head cauliflower , and equal amount of broccoli crowns and stems, chopped into small pieces (or frozen cauliflower and broccoli)
Salt and pepper to taste

Heat a large pot and add olive oil, then add the onion and bay leaves, stirring to coat with oil. Cook until onions begin to soften and turn gold, stirring often.
Add cauliflower and broccoli, stirring to coat with oil and onion flavor.
Let cook, stirring occasionally for 1 - 2 minutes.
Stir in chicken stock.
Cover and cook for 5 – 10 minutes or until the vegetables are fully cooked.
Remove the bay leaves.

Transfer a third of the hot mixture to a food processor or blender. Puree until smooth while continuing to cook the rest. Repeat with another third, then the final third. Season to taste and serve

Cauliflower & Leek Soup

Ral Hi All,

Not sure if anyone has posted a cauliflower and leek soup before.... but I just made some up.... using a recipe I made up in my head.

2 cups of water with 2 chicken stock cubes..... boil this up until the cubes dissolve. Cut up a small cauliflower and a leek and add to the liquid..... add salt and pepper and just simmer until the cauli is tender and starting to fall apart. Get out your slender blender and blend until smooth and creamy..... It is quite nice, and looks just like potato and leek soup!!!! Add some more salt and pepper if you like or even a little bit of curry while it is cooking would be alright too.....

[Cauliflower cous cous](#)

[Cherri](#)

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He said it was more like couscous than rice, I only steamed it for 10 minutes so it still had a little crunch and I drained it well before serving it on to the plate.

I am lucky enough to own a Thermomix so next time I cook this I will steam it with an appropriate stock to go with the rest of the meal.

I made the "Stroganoff" using Continental low fat creamy Chicken and Mushroom simmer sauce which states it has 4.3G Carbs per 100 ml. which I think, meets TF guidelines.

[Cauliflower Muffins!](#)

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melt the philli cheese and mix with the egg, add cauliflower, mixed herbs and seasoning to taste. Pour into muffin tins and cook in the oven at 180C until egg has completely set. I served with other allowed vegies and just lessened our protein to allow for the egg.

Enjoy!

[Another Use for Cauliflower](#)

[crazyatlady](#)

This has probably been posted before, and many of you may already make it, but just recently I stumbled onto the recipe for mock potato salad using good old cauliflower. I enjoy nopotatoes so much I figured why not try a potato salad and it does go well with a salad.

I just boiled a couple of flowrets of cauliflower (fresh or frozen) until just tender and then added parsley, onion flakes (or you could use spring onions) and a few chives and then mixed it with a small amount of the praise whole egg mayonaise and then pop it into the fridge for a little while to chill and then serve with the rest of you salad.

[Chicken stuffing :\)](#)

[JC83](#)

Last night I cooked a roast chicken and was wondering what I could use as stuffing. Well, I though of notatoes!!!!

It was great, I grated enough cauliflower, put it in a bowl and mixed about 1 tbsp of garlic, mixed herbs, cracked pepper and a handful of mushrooms. Added 1 egg and mixed it up then spooned it into the chicken and roasted. It turned out quite good - stuffing without getting stuffed 😊

[miss stix your cauliflower and leek soup](#)

[crytalnoz](#)

Thank you so much for the receipe it was absolutely devine. I hope you don't mind if I post it here so it gets seen as it was in the middle of a post.

Ingredients:

2 - 3 leeks, sliced
1 cauliflower, roughly chopped
2 cloves garlic, chopped
1.25 litre beef stock (can use chicken if you prefer)
sml bunch chives, chopped
40g lite philly cheese (optional)
lite salt and pepper to taste (optional)

Method:

Saute leeks and garlic til soft (I used spray oil), add stock and cauliflower, bring to boil. Simmer, with lid on, til cauliflower quite tender. Blend (I use a stick blender) with philly cheese, add lite salt and pepper to taste if desired. Stir through chopped chives.

Makes about 2 lites of soup.

I found the philly just adds that extra something! I also found the soup to be quite filling.