

# STEAMED BROCCOLI AND ROASTED CAULIFLOWER

Serving: 1/4 cup

## Vegetable

Recipe tester Sherry Fiske, Food Service Director at the Orange schools, reported that this dish had good flavor and great eye appeal. She plans to cook it again for her students, many of whom are unfamiliar with cauliflower. The recipe is adapted from SchoolFood in NYC, where it has been cooked for thousands of students.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Broccoli bunches	3 lbs 4 oz About 3 bunches	6 lbs 8 oz About 6 bunches	<ol style="list-style-type: none"> <li>Cut broccoli crowns into florets. Reserve. If you are using the broccoli stems, remove 2 inches from their ends and discard. Trim the outer fibrous part with a large knife. Slice thinly.</li> <li>Cut the cauliflower into florets, discarding the core.</li> <li>Toss the cauliflower with the garlic, oil, salt and pepper. Place on a parchment lined sheet pan in a single layer and roast until tender and golden.                       Convection oven: 350° about 25 minutes                      Conventional oven: 375° about 35 minutes                       CCP: Heat to 140°F or higher.</li> <li>Steam the broccoli when the cauliflower is almost done. Cook, until bright green and firm, but slightly tender, about 2-7 minutes, depending on the intensity of your steamer. DO NOT OVERCOOK. (Alternatively, bring 2 inches of water to a boil, add broccoli, cover, and cook as above.)                       CCP: Heat to 140°F or higher.</li> <li>Combine broccoli and cauliflower in 2" 1/2 hotel pans. Sprinkle with cheese, if you are using it.</li> <li>Serve close to service. CCP: Hold for hot service at 140°F or higher.</li> </ol>
If using only florets, no stems	3 lbs 12 oz About 3-4 bunches	7 lbs 8 oz About 7 bunches	
*Cauliflower	5 lbs	10 lbs	
*Garlic, fresh, minced	1 Tbsp About 3 cloves	2 Tbsp About 6 cloves	
Oil	2 Tbsp	1/4 cup	
Salt	1/2 tsp	1 tsp	
Pepper, black	1/8 tsp	1/4 tsp	
Parmesan cheese, optional	1 oz (2 Tbs)	2 oz (1/4 cup)	
<b>Variation:</b> This can also be done with steamed instead of roasted cauliflower.			
<p>* MA farm products needed for recipe. For ordering, see page 19.</p>			

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### Preparation Tips

• **Broccoli:** *For florets,* remove crowns from stems and cut into florets. OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally, use a chopping motion to remove the florets. *To use stems,* remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly. *Cooking time:* Cook broccoli until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.

• **Cauliflower:** *For florets,* with the base down, cut in half *through* the core. Hold one half up, bend the core towards you to remove (or remove with knife). Repeat with second half. Break off florets by hand. (They can be cut with a knife, but this results in some cauliflower crumbles.)

• **Garlic:** *For an alternative to fresh garlic,* use whole peeled cloves or minced garlic in oil. *To use fresh garlic,* pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins,* crush cloves with the flat of a large knife, then peel. *To mince,* use a food processor or mince by hand. *By hand,* crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	28	Vitamin A (IU)	191
Cholesterol (Mg)	0	Vitamin C (Mg)	47.4
Sodium (Mg)	51	Protein (G)	1.84
Fiber (G)	1.91	Carbohydrate (G)	4.43
Iron (Mg)	0.42	Total Fat (G)	0.79
Calcium (Mg)	26.95	Saturated Fat (G)	0.15