

Recipes courtesy of Crystal Grobe

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Cauliflower with Blue Cheese Vinaigrette

4 cups cauliflower, chopped into small florets

2 tbsp extra-virgin olive oil

1 tbsp balsamic vinegar

4 oz. crumbled blue cheese

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

1 tablespoon minced scallion greens

Heat a large saucepan fitted with a steamer basket over medium-high heat and bring water to a boil. Add cauliflower and steam 4-6 minutes or until tender. Take care as to not overcook.

Meanwhile, prepare blue cheese vinaigrette by combining olive oil, balsamic vinegar, blue cheese, salt, pepper and scallions in a jar. Shake until combined (mixture may be thick).

Place cooked cauliflower on a large serving platter. Spoon blue cheese vinaigrette over top and serve immediately.

Cauliflower and Potato Curry

(6 servings)

2 tsp olive oil

1 1/4 cups thinly sliced onion

2 tsp minced fresh ginger

1 large garlic clove, minced

1 tbsp mild curry powder

4 cups cauliflower florets

1 1/2 lb. round white or red potatoes, peeled and cut into 1 1/2-inch pieces

1 15 oz. can crushed tomatoes (or 1 1/2 cups diced fresh tomatoes)

1/2 cup chopped cilantro

1 cup frozen petite peas

Heat oil in a Dutch oven over medium-high heat. Add onion and ginger, cover and cook for 3 minutes.

Reduce heat to medium and add curry powder and garlic and cook for 30 seconds or until fragrant, stirring constantly. Add cauliflower and potatoes and stir to combine. Add crushed tomatoes, 1/4 cup cilantro, 1/2 cup water, and bring to a simmer. Reduce heat slightly, cover, and cook for 20 minutes or until vegetables are tender. Stir in peas and remaining cilantro. Re-cover and cook for an additional 2 minutes or until peas are tender. Serve over hot brown rice.