



Trim down the central stem. To make removing florets easier, cut off the large stem just before the point at which it divides into individual florets.

- The stem could also be saved and used for vegetable stock.
- Technically, this step is only optional. You can remove individual florets from the cauliflower without first removing the excess stem, but doing so will be much more difficult.

1. Fill the bottom of a stockpot with 2 inches of water. Set up the steamer and put in the cauliflower florets. Cover with a tight fitting lid and steam over medium-high heat. Steam for about 5-7 minutes until, the cauliflower is tender but still has a crunch.

2. If you feel like it, serve with drizzled with a little olive oil, a pinch of sea salt and a grind of fresh black pepper

Ann's Tips and Tricks

If you don't want to fiddle around with a steamer, bring one or two cups of water to a boil in a shallow pan with a lid, a sauté pan is ideal. Remove the lid, add the florets so that they fit snugly in one layer. Cover, bring back to a slow boil and steam as above (5-7 minutes). Carefully drain, holding the lid slightly ajar over the pan to keep the cauliflower inside.



Cut individual florets from the central stem. Turn the head upside down so that the cut stem end faces up. Use your sharp kitchen knife to cut each individual branch or floret off.

- Slice the floret off at the point where the floret stem meets the central stem. Cut them from the central stem at a 45 degree angle.
- Take the time to trim away and discolored parts of the cauliflower. Brown or otherwise off-color cauliflower will not taste as good and will lack many of the nutrients that fresh cauliflower has.
- Note that small baby cauliflowers can be cooked whole. You do not need to cut them into individual florets.

Ingredients

- 1 medium head of cauliflower, cut into florets
- Olive oil (optional)
- Sea salt and pepper (optional)

Buy these ingredients