



# Veggies Made Easy



CAVLILINI<sup>®</sup> baby cauliflower

RECIPE GUIDE

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## An introduction to CAULILINI® baby cauliflower

After being in field trials for over a year, Mann™ is thrilled to introduce CAULILINI® baby cauliflower to North America.

The Asian-style variety vegetable features long edible stems and blonde, open florets. Sweetly delicious, the CAULILINI® baby cauliflower with its unique shape adds both flavor and texture to any dish. It is entirely edible – from flower to stem – and has a sweet, tender stalk that turns bright green when cooked.

We hope that these recipes will inspire you to enjoying this unique and delicious vegetable.



## Spicy Grilled CAULILINI® baby cauliflower with Pine Nuts

### Ingredients

- 1 (10 ounce) bag Mann™ CAULILINI® baby cauliflower
- ¼ teaspoon red chili flakes
- ½ cup seasoned rice vinegar
- Zest of 1 lemon, julienned
- 5 garlic cloves, roasted
- 2 tablespoons grapeseed oil
- ½ bunch Italian parsley, chopped
- ¼ cup pine nuts
- 1 teaspoon chili powder

Place chili flakes, vinegar, lemon zest, roasted garlic, in a saucepan and simmer gently for 5 minutes. Set aside.

Lightly toss Mann™ CAULILINI® baby cauliflower in grapeseed oil, season and grill on medium to high until it is lightly charred, about 3-4 minutes.

Toss the grilled CAULILINI® baby cauliflower with the vinegar mixture, parsley leaves, and pine nuts. Sprinkle chili powder evenly on CAULILINI® baby cauliflower and serve.

Servings: 4

### The Method

Blanch the CAULILINI® baby cauliflower by putting it into a large saucepan of boiling water for 2-3 minutes or until tender. Remove CAULILINI® baby cauliflower and plunge into a large bowl of ice water to stop the cooking process. Strain and pat dry with paper towels. Set aside.



## Italian Vegetable Soup with CAULILINI® baby cauliflower

### Ingredients

- 1 teaspoon vegetable oil
- 1 cup chopped yellow onion
- 1 cup sliced celery
- 2 garlic cloves, chopped
- ½ cup small shell pasta, uncooked
- ½ cup chopped parsley
- 1 (28 ounce) canned diced tomatoes
- 1 cup water
- 32 ounces chicken broth, low sodium
- 1 cup chopped carrots
- 1 cup sliced zucchinis
- 1 cup sliced yellow squash
- 2 cups chopped Mann™ CAULILINI® baby cauliflower
- Salt and pepper, to taste
- 2 tablespoons grated Parmesan cheese

### The Method

Heat oil in a saucepan over medium heat. Add onion, celery and garlic, cook until onion and celery is soft, about 2-3 minutes.

Add pasta, parsley, tomatoes, water and chicken broth. Bring to a boil, reduce heat and simmer for an additional 10 minutes. Add carrots, zucchini and squash, cook for 10 minutes. Add Mann™ CAULILINI® baby cauliflower and cook for an additional 15 minutes.

Add salt and pepper to taste.

Top with grated Parmesan cheese.

Servings: 8



## Seared CAULILINI<sup>®</sup> baby cauliflower Sesame Gomaе with Soba

### Ingredients

- 10 ounces soba noodles
- 1 ½ tablespoons toasted sesame oil
- 6 tablespoons soy sauce, low sodium, divided
- ½ cup toasted sesame seeds
- 1 ½ tablespoons sugar
- 1 ½ tablespoons sake
- 1 tablespoon mirin
- 2 tablespoons olive oil
- 1 (10 ounce) bag Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower
- Black sesame seeds, for garnish
- Fresno peppers, sliced, for garnish

### The Method

Boil the soba noodles according to the package directions. Rinse them with cold water, and drain. Once cool, drizzle the sesame oil and 2 tablespoons of low sodium soy sauce over the noodles. Mix well and set aside.

For the sesame sauce, put sesame seeds in a frying pan and toast them on low heat. When 2-3 sesame seeds start to pop from the pan, remove from the heat.

Grind the toasted sesame seeds with a mortar and pestle or food processor. Leave some sesame seeds unground for some texture.

Add 4 tablespoons low sodium soy sauce, sugar, sake, and mirin. Mix everything together and give it a taste. Adjust the seasoning as necessary. Set aside.

Heat the olive oil in a large fry pan over medium-high heat. Add the Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower and sauté for 2-3 minutes, or until the Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower is just beginning to soften. Do not overcook.

Add the Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower to the soba noodle bowl, and toss everything with the sesame dressing.

Garnish with black sesame seeds and peppers.

Servings: 4



## Pickled CAULILINI<sup>®</sup> baby cauliflower with Lemon and Bay

### Ingredients

- ½ cup apple cider vinegar
- ½ cup water
- 1 teaspoons sea salt
- Peel of one lemon, sliced into strips
- 2 large garlic cloves, sliced
- ⅛ teaspoon peppercorns
- ½ teaspoon mustard seeds
- 2 bay leaves
- 1 (10 ounce) bag Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower

### The Method

In a large saucepan, combine apple cider vinegar, water and sea salt. Bring to a boil.

Place the lemon slices in the bottom of a quart jar and top with garlic clove slices, peppercorns, mustard seeds and bay leaves. Set aside.

When brine is boiling, add Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower to the pot. Stir until the brine returns to a boil and remove from heat.

Using tongs, pack Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower into the prepared jar and top with brine.

Place 2-3 slices of lemon strips on top of the Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower and put a lid on the jar.

Let pickled Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower sit out on counter until cool. Once they've reached room temperature, refrigerate jar.

Pickled Mann<sup>™</sup> CAULILINI<sup>®</sup> baby cauliflower is ready to eat within 12 hours, though they will continue to deepen in flavor the longer the rest.

Servings: 4