

## Caramelized Cauliflower

1 head cauliflower  
2 tablespoons olive oil  
Pinch sea salt

Trim the leaves and core from the cauliflower, place it upright on a cutting board, and slice straight down into roughly 1/2-inch pieces. Break apart from the center. Don't worry if they are not completely uniform. Toss with the olive oil and sea salt, transfer to a shallow baking dish large enough to hold the cauliflower in a single layer. Bake in a 350 degree F. oven, stirring occasionally, for about 40 minutes or until nicely browned.  
Serves 4. *From www.culinate.com.*

## Indian-Style Cauliflower with Onion & Tomato

1 medium cauliflower, broken into florets  
1 medium onion, chopped  
1 2-inch piece gingerroot, grated  
7 tablespoons water  
5 tablespoons vegetable oil  
6 cloves garlic, chopped  
1 teaspoon cumin  
1 teaspoon coriander  
2 small tomatoes, peeled, chopped  
1/2 teaspoon turmeric  
1/8 teaspoon cayenne, or to taste  
1 fresh green chili, chopped  
1 tablespoon lemon juice  
1 1/4 teaspoons salt

1/4 teaspoon garam masala  
Soak cauliflower florets in water for 30 minutes; drain. Puree ginger and onion in a blender along with 4 tablespoons of water, until smooth. Set aside. Heat oil in a skillet over medium heat until hot. Stir-fry garlic until it turns medium brown. Add cauliflower; stir-fry for 2 minutes.  
Remove the cauliflower with a slotted spoon and place in a pot. Add the ginger/onion mixture to the skillet and fry 1 minute. Add cumin, coriander and tomatoes. Stir-fry until mixture changes color, reducing heat if necessary to prevent burning. Add turmeric, cayenne, green chili, lemon juice and salt. Sprinkle with water if necessary to prevent sticking. Turn heat to low. Return cauliflower to skillet with whatever liquid may have collected as it drained. Mix gently.  
Add 3 tablespoons water and bring to a simmer. Cover and cook over gentle heat for 5 to 10 minutes, until the cauliflower is tender. Remove lid and sprinkle garam masala over the top. Stir to mix.  
Serves 6. *From fooddownunder.com.*

## Raw Cauliflower Soup

1 cauliflower  
2 cups sprouts (sunflower, clover, buckwheat, pea shoots or any combination)  
1 cup fresh vegetable juice (celery, cucumber, tomato)  
4 carrots  
1 yellow onion  
1 tablespoon fresh lemon juice  
1 tablespoon virgin olive oil  
1/2 teaspoon cumin  
1/2 teaspoon dry mustard  
1/2 teaspoon ginger  
1/2 teaspoon turmeric  
1 clove garlic, minced  
dash each: cinnamon, cayenne pepper  
In a blender, mix all ingredients.  
Serves 2. *From "Living in the Raw, Recipes for a Healthy Lifestyle," Rose Lee Calabro, 1998.*

## Easy Cheesy Ham & Leek Wraps

3 large leeks trimmed, washed  
3 slices lean ham

2 cups milk  
1 tablespoon flour  
2 ounces grated cheese  
Boil leeks in water for five minutes; drain. Divide leeks into three equal portions and place each on a slice of ham; roll ham slice around leeks and place seam-side down in an oven-proof dish. Whisk flour into the milk; bring to a boil, stirring constantly. Add half the cheese, stir until cheese is melted and well incorporated; season to taste. Pour the cheese sauce over the leeks and ham. Sprinkle with the remaining cheese. Bake in a 350 degree F. oven for 30 minutes, or until the cheese bubbles. Serve with potatoes and another vegetable.  
Serves 3.  
*Adapted from fooddownunder.com.*

## Delicata & Leek Soup with Apple Croutons

1 tart green apple  
1/4 cup light brown sugar  
2 1/2 pounds delicata squash, halved lengthwise, seeds removed  
2 1/2 tablespoons unsalted butter  
2 large leeks, white and tender green parts, chopped  
1/2 teaspoon dried thyme  
2 1/2 cups vegetable broth  
3/4 teaspoon salt  
1/2 teaspoon freshly ground pepper  
sour cream, for garnish  
Make apple croutons: Peel and core apple; halve lengthwise. Using a mandolin or very sharp knife, cut into very thin slices. Line a baking sheet with parchment paper and spread apple slices on top in one layer. Sprinkle with brown sugar. Bake 20 minutes at 350 degrees F. until crisp. Transfer to cooling racks and let cool completely.  
Make the soup: Place squash, cut side down, on a baking sheet; bake at 350 degrees F. until tender, about 40 minutes. Let cool slightly; gently scrape flesh away from skins. Set aside.  
Melt butter in a saucepan over low heat. Add leeks and thyme and stir occasionally until soft and brown, 10 to 15 minutes. Stir in stock and squash and simmer over medium heat for 20 minutes. Puree the soup until smooth. Season with salt and pepper. To serve, ladle hot soup into individual bowls and then top with sour cream and apple croutons.  
Serves 4.  
*From "The Jew and the Carrot" collection by Leah Koenig.*

## Baked Eggs with Leeks

1 tablespoon unsalted butter  
2 large leeks, white and pale green parts only, cleaned and sliced  
3/4 cup grated Gruyere cheese  
1/4 cup grated Parmesan cheese  
4 eggs  
1 cup whipping cream or half-and-half  
2 tablespoons minced fresh tarragon or 1 tablespoon dried, crumbled tarragon  
salt and freshly ground black pepper  
Preheat oven to 375 degrees F. Lightly grease an 8-inch square baking dish. Heat butter in medium skillet over medium heat. Add leeks and sauté until tender, about 5 minutes. Spread leeks evenly on bottom of baking dish. Combine cheeses in a bowl and toss to mix. Spread all but 1/4 cup of the cheeses evenly over leeks. In a large bowl, whisk together eggs, cream and tarragon, with salt and pepper to taste. Pour egg mixture into dish and bake until top is golden and center is set, about 30 minutes. Take dish from oven, sprinkle reserved cheese over, and continue baking just until cheese melts, 3 to 5 minutes longer. Let sit for a few minutes, then cut into squares to serve.  
Serves 2 to 4.  
*From fooddownunder.com.*

## Turnip Comfort (Chowder)

4 ounces lightly smoked thick country bacon, in 1/2-inch dice (1 cup)  
2 cups onions, in 1/2-inch dice  
2 cups peeled potatoes, in 1/2-inch dice

2 cups peeled turnips, in 1/2-inch dice  
1 bay leaf  
1/2 cup torn collard greens (*or try kale*)  
1/4 cup heavy cream  
salt and freshly ground white pepper  
Place a large saucepan over medium heat and add bacon. Cover and coc slowly until bacon is thoroughly cooked and lightly brown on edges, abou 4 minutes. Remove from heat; remove all but 1 tablespoon fat. Return p to medium heat. Add onions and sauté until translucent, about 4 minute. Add potatoes and turnips, and stir well. Sauté for 2 minutes. Add bay lea and water to just cover vegetables. Bring to a boil, reduce to a lively simmer, and cook until potatoes are very tender, 15 to 20 minutes. Add greens; simmer until tender but still green. Add cream; season with salt and white pepper to taste. Remove bay leaf and serve hot.  
Serves 4.  
*From "The Chef of the Times (Patrick O'Connell)" edited by Michalene Busico.*

## Turnip & Turnip Greens Soup

2 tablespoons unsalted butter  
1 yellow onion, finely chopped  
2 cloves garlic, minced  
1 1/2 pounds turnips, peeled and diced 1/2 cup arborio rice  
salt and freshly ground black pepper  
6 cups homemade chicken broth, or 3 cups canned low-sodium broth mixed with 3 cups water  
1/2 pound turnip greens, stemmed, sliced into ribbons  
1 1/2 tablespoons chopped fresh dill  
Melt butter in a large pot over moderately low heat. Add onion and saute until soft, about 10 minutes. Add garlic and sauté 1 minute. Add the turnips and rice, season with salt and pepper, and stir to coat with seasonings. Add 3 cups broth, bring to a simmer, then cover. Simmer gently for 15 minutes. Stir in the turnip greens, cover, and simmer until turnips, greens, and rice are soft, about 5 more minutes. Stir in dill. Transfer to a food processor or blender, in batches if necessary, and blet until smooth. Return to the pot and stir in the remaining broth. Serve in warm bowls, garnishing each portion with a thin sliver of butter.  
Serves 6.  
*Adapted from www.culinate.com.*

## Easy Turnip, Apple & Lettuce Salad

*No need to measure...just use as much of each ingredient as suits your taste!*  
Cut off ends of Hakurei turnips. Do not remove skin. Cut into large dice. Core and dice Granny Smith apple and mix with diced turnip. Toss with a favorite salad dressing to taste. Stir in candied walnuts, or other favorite nuts.  
Serve on a bed of Laguna Farm Salad Mix.

## Sautéed Turnips & Braised Greens

1 bunch turnips with greens  
1 pound greens, such as Swiss chard, kale, spinach, or braising mix  
2 teaspoons oil, divided  
1/2 cup water, apple juice or white wine  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
Cut the greens from the turnips. Wash and tear all the greens into large pieces and remove the stems. Cut the turnips into bite sized pieces. Heat 1 teaspoon of oil in a sauté pan over medium-high heat. Sauté the turnips stirring or tossing occasionally until they are crispy outside and tender inside. Season with salt and pepper and remove to a warm plate. the same pan, heat the remaining oil over medium heat. Add the washer and wet greens, and add to pan in batches. Stir and mix as they wilt. Ad the wine or other liquid and cook until it is mostly evaporated. Plate gree and arrange the warm turnips on top.  
Serves 6 to 8. *From www.culinaryschoolrockies.com.*