



# CAULI-BLOSSOM<sup>®</sup>

## FIORETTO<sup>®</sup>

RECIPE BOOK



ONCE YOU TRY IT'S  
**IMPOSSIBLE-TO-RESIST**

This beautiful and versatile veggie is entirely edible and takes minutes to cook.  
See inside for recipes.



No waste, edible from stem to tip

Sweet & creamy flavour

Tall, tender stems & delicate florets

Fine and delicate in appearance

Remains firm and turns bright green when cooked

Doesn't have the smell that regular cauliflower does



## ABOUT CAULI-BLOSSOM®

Cauli-Blossom is an exciting new vegetable distributed exclusively by Perfection Fresh Australia. With tall, tender stems and delicate florets it's quite possibly the world's most beautiful vegetable. It's got a sweet and nutty flavour, with a crunchy stem that turns a vibrant bright green when cooked. Tasting is believing with this impossible-to-resist vegetable.

## HOW TO PREPARE

This pretty veggie is entirely edible and needs little prep. Simply pull apart the bouquet and use. For larger florets, slice them in half lengthways.

## HOW TO COOK

Cauli-Blossom® takes minutes to cook and is a versatile vegetable that suits all cooking methods. Cook on a high heat and for a short amount of time to keep its nutrition and sweet flavour. While it appears delicate, it can stand up to any cooking method – grill, roast, steam, blanch, place it on the bbq, pickle it or just eat it raw.

## CAULI-BLOSSOM® *Loves*

**FIORETTO®**



Rice & Pasta



Citrus



Cheese



Nuts & seeds



Herbs & spices



Aromatics & curry pastes



Salmon, duck & salami



Eggs, butter & olive oil



Vegetables such as

Broccolini®,  
Qukes® baby  
cucumbers,  
Minicap® baby  
capsicums, &  
Mix-a-Mato®  
tomatoes



## ONION JAM & PROSCIUTTO TOASTIES WITH CAULI-BLOSSOM®



MAKES 6

PREP 10 mins

COOK 5 mins

250g Cauli-Blossom®, cut into single stems

6 large slices sourdough, toasted

6 tbs onion jam

180g thinly sliced prosciutto

150g (12 slices) Gouda or vintage cheddar

Caramelized balsamic and micro herbs or baby salad leaves, to serve

Wash the Cauli-Blossom® and place on a microwave safe plate in a single layer with the flowers facing inwards. Cover with damp paper towel. Microwave for 2 minutes on High/100% until stems are bright green and almost tender. Drain and set aside to cool for 5 minutes.

Place the sourdough onto a tray. Spread with onion jam. Top with prosciutto, Cauli-Blossom® and cheese. Place under a hot grill until the cheese is melted.

Drizzle with a little caramelized balsamic, scatter with herbs, season and serve.





## CAULI-BLOSSOM® LENTIL & BROWN RICE SALAD WITH BARBECUED LAMB

SERVES 4

PREP 20 mins

COOK 15 mins

250g Cauli-Blossom®, cut into single stems, rinsed  
2 tbs olive oil  
1 tbs Cajun spice blend  
12 lamb cutlets  
250g packet of 90 second brown rice  
4 Qukes®, baby cucumbers, chopped  
 $\frac{2}{3}$  cup ( $\frac{1}{2}$  x 400g can) brown lentils, rinsed, drained  
100g roasted red capsicum, chopped  
40g baby spinach  
1 avocado, cut into wedges

### Dressing

3 tbs extra virgin olive oil  
1 tbs red wine vinegar  
1 tsp maple syrup  
1 tsp Dijon mustard

Place the Cauli-Blossom® onto a tray. Combine the oil and spice blend then spoon over the Cauli-Blossom®. Turn to coat.


Preheat barbecue plate on medium. Add the Cauli-Blossom®. Cover with the barbecue hood or a large upturned roasting pan, cook, turning often, for 6-8 minutes or until the stems are tender and lightly charred. Remove to the tray. Cover and stand for 5 minutes while cooking the lamb.

Season the lamb cutlets, barbecue for 3 minutes each side for medium or until cooked to your liking. Remove to a platter.

Warm the brown rice following packet directions. Cool for 5 minutes then add to the Cauli-Blossom® with the Qukes®, lentils, capsicum, , spinach and avocado.

Combine all the dressing ingredients together. Pour over the salad, season and toss gently to combine. Serve with lamb cutlets.





**SERVES** 2 as a side

**PREP** 20 mins

**STANDING** 15 mins

**COOK** 15 mins

## OVEN ROASTED CAULI-BLOSSOM® WITH TAHINI LEMON DRESSING

250g Cauli-Blossom®, cut into thin stems, rinsed  
2 tbs olive oil  
2 tsp smoked paprika  
2 tsp ground cumin  
¼ cup (50g) raisins  
¼ cup (25g) flaked almonds, toasted  
¼ cup firmly packed flat-leaf parsley leaves

### Tahini lemon dressing

3 tbs hulled tahini  
1 lemon, juiced  
1 tbs maple syrup  
2 tbs extra virgin olive oil, plus extra to serve  
1 tbs water


*TIP: Add shredded chicken, prawns, salmon or tuna to turn the dish into a main.*

Preheat the oven 200°C fan forced. Line a roasting pan with baking paper. Place the Cauli-Blossom® in a single layer in the roasting pan.

Combine the oil, paprika and cumin then spoon over the Cauli-Blossom®, turn to coat. Season. Roast 12-15 minutes or until the stems are light golden and tender. Set aside to cool to room temperature for 15 minutes.

Meanwhile, to make the tahini lemon dressing, combine all the ingredients in a bowl, season and mix well.

Spoon the dressing over the base of a serving platter. Arrange the Cauli-Blossom® on top of the dressing. Combine the raisins, almonds and parsley. Scatter over the Cauli-Blossom®. Season, drizzle with extra virgin olive oil and serve.



**SERVES** 2 as a side

**PREP** 25 mins

**COOK** 20 mins

## CAULI-BLOSSOM® STIR FRY WITH THAI CHILLI SAUCE (NAM JIM JAEW)

250g Cauli-Blossom®, cut into thin stems, rinsed  
1 tbs vegetable oil

### Thai Chilli Sauce (Nam Jim Jaew)

150g sweet Solanato® tomatoes  
8 garlic cloves, unpeeled  
6 small bird's eye chillies, ends trimmed  
1 tbs vegetable oil  
1 long red chilli, ends trimmed, roughly chopped  
1 French shallot, peeled, roughly chopped  
3 coriander roots, scrubbed  
5 tbs (75g) grated palm sugar or coconut sugar  
3 tbs fish sauce  
1 tbs oyster sauce  
2 limes, juiced  
1/3 cup coriander leaves, finely chopped

*TIP: Thai Chilli Sauce will keep for 4 weeks in the fridge. Great for stir fries, dipping sauce or dressing.*

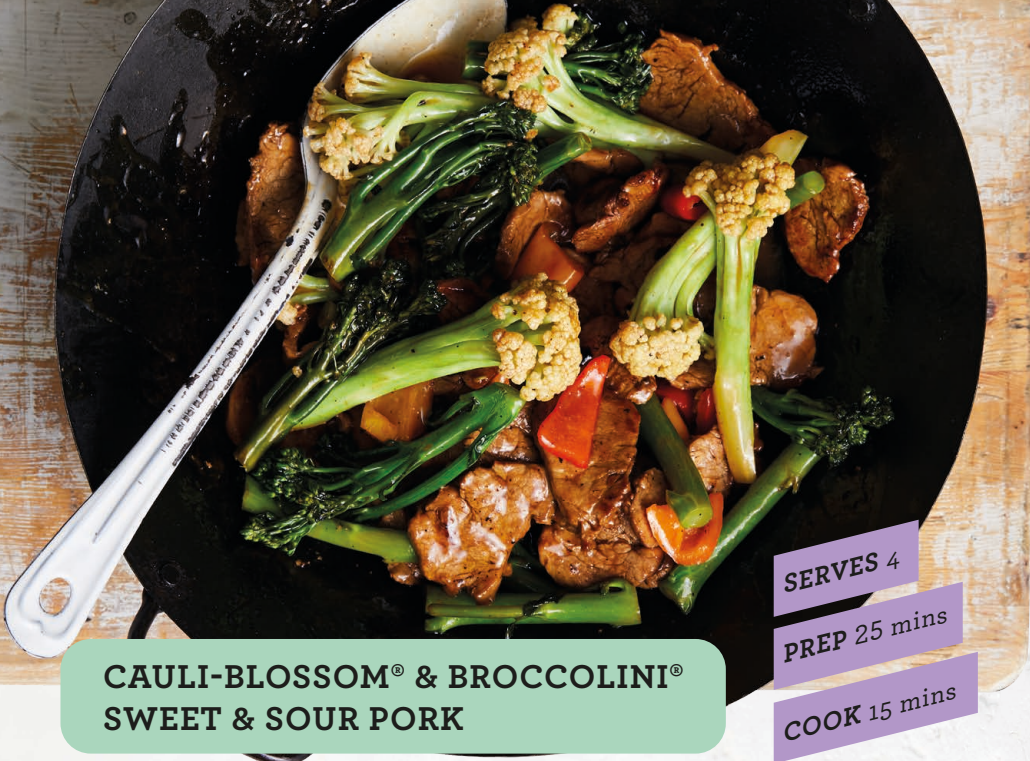
### For the Thai Chili Sauce (Nam Jim Jaew):

Preheat the oven to 200°C fan forced. Scatter the tomatoes, garlic cloves, and birds eye chillies in a small roasting pan. Drizzle with oil. Roast for 12-15 minutes or until light golden. Set aside to cool for 10 minutes. Remove and discard the skins from the tomatoes. Squeeze the soft roasted garlic from the skins into a small food processor, discarding the skin. Add the tomatoes, roasted chillies with any pan juices, long red chilli, shallot and coriander roots. Process until well combined. Remove to a bowl. Stir in the sugar, fish sauce, oyster sauce, 1/4 cup (60ml) lime juice and the coriander. (Makes 300ml).

Heat a wok over high heat until hot. Add the oil and Cauli-Blossom®. Stir fry for 1 minute. Add 2 teaspoons water and quickly cover the wok for 15 seconds until the Cauli-Blossom® stems are bright green.

Add 100ml Nam Jim Jaew, stir fry for 3-4 minutes until the Nam Jim Jaew is thick and sticky and the Cauli-Blossom® is tender. Remove from the heat. Serve with extra lime wedges.





## CAULI-BLOSSOM® & BROCCOLINI® SWEET & SOUR PORK

**SERVES 4**

**PREP 25 mins**

**COOK 15 mins**

250g Cauli-Blossom®, cut into thin stems  
1 bunch Broccolini® halved crossways  
3 (about 125g) Minicaps® baby capsicums,  
roughly chopped  
3 tsp corn flour  
1 tbs Shao Hsing cooking wine or sherry  
1½ tbs soy sauce  
2 tsp white sugar  
500g pork fillet or scotch fillet, trimmed  
and thinly sliced  
2 tbs vegetable or peanut oil  
steamed long grain rice, to serve

### Sweet and Sour Sauce

3 tsp corn flour  
2 tbs water  
1 tbs white sugar  
½ cup (80ml) pineapple juice  
1 chicken stock cube crumbled  
2 tbs tomato sauce  
2 tbs soy sauce

*TIP: You can use premade sweet and sour sauce. You will need ½ cup (125ml).*

Whisk the corn flour and cooking wine in a bowl until smooth. Stir in the soy and sugar. Add the pork and stir to coat. Cover and refrigerate for 15 minutes if time permits.

Meanwhile, for the sauce, stir the corn flour and water together in a small saucepan until smooth. Add the remaining ingredients and cook, stirring constantly over medium-high heat until the sauce comes to the boil. Set aside.

Heat a wok over high heat until hot. Drain any marinade from the pork. Add 2 teaspoons of oil to the hot wok and swirl to coat. Add one-third of the pork, making sure each piece comes in contact with the hot wok. Stir-fry for 1 minute until seared. Remove to a plate. Repeat with the remaining pork in two batches, adding more oil as required.

Wipe the wok clean and heat again over high heat until hot and add the remaining oil. Add the Broccolini®, Cauli-Blossom® and Minicaps® and stir fry for 2 minutes until almost tender. Return the pork to the wok, pour over the sweet and sour sauce and stir-fry for 1 minute until hot. Serve with rice.



## CAULI-BLOSSOM® WITH CHEESE SAUCE

250g Cauli-Blossom®  
60g butter, chopped  
2 tbs plain flour  
2 tsp Dijon mustard  
1 ½ (375ml) cups full cream milk  
60g cheddar, coarsely grated  
½ cup panko crumbs

**SERVES** 4 as a side

**PREP** 5 mins

**COOK** 20 mins

Preheat oven to 200°C fan forced. Bring a large saucepan of salted water to a boil. Add Cauli-Blossom® and cook for 1 minute until the stems turn green. Drain well. Arrange in a single layer onto a greased shallow tray or baking dish.

Melt the butter in a medium saucepan over medium heat until foaming. Remove 1 tbs to a bowl. Add the flour to the pan and cook, stirring for 2 minutes or until the mixture bubbles. Remove from heat and stir in the mustard. Gradually add the milk, whisking constantly until smooth. Return to medium-high heat and cook, stirring for 5 minutes or until the sauce comes to the boil. Remove from the heat. Stir in the cheddar and season. Spoon over the Cauli-Blossom®.

Add the panko crumbs to the reserved melted butter and mix well. Spoon over the Cauli-Blossom® and bake for 8-10 minutes or until light golden. Serve.





**SERVES 4**

**PREP 15 mins**

**COOK 12 mins**

## **GARLIC BUTTER PRAWNS & CAULI-BLOSSOM®**

250g Cauli-Blossom®, cut into thin stems

80g butter, chopped

4 garlic cloves, crushed

1 tsp chilli flakes

$\frac{1}{3}$  cup olive oil

750g medium king green prawns, peeled, deveined, tails intact

1 tbs dry sherry

$\frac{1}{4}$  cup flat leaf parsley leaves, chopped

Crusty bread, to serve

Combine the butter, garlic, chilli and 2 tablespoons of oil in a small saucepan. Heat over medium heat until hot. Set aside.

Heat a large frying pan over medium-high heat until hot. Add 1 tablespoon of the remaining oil and the Cauli-Blossom®. Cook shaking the pan for 2-3 minutes until the stems are bright green. Add 1 tablespoon of water, cover and cook for 1-2 minutes until just tender. Remove to a plate.

Wipe the pan clean and heat over high heat until hot. Combine the remaining 1 tablespoon of oil and prawns. Season with salt and pepper. Add to the hot pan and cook in batches for 1 minute until they change colour. Add the garlic butter to the pan, return the Cauli-Blossom® and add the sherry. Cook shaking the pan for 1 minute. Remove from the heat and scatter over the parsley. Spoon into bowls and serve with crusty bread.





SERVES 4

PREP 15 mins

COOK 25 mins

## INDIAN SPICED CAULI-BLOSSOM® & LENTIL PILAF

250g Cauli-Blossom®  
Qukes® baby cucumbers Raita,  
to serve (see tip)  
2 tbs vegetable oil  
1 tsp yellow mustard seeds  
1 brown onion, finely chopped  
1 long green chilli, thinly sliced  
3 tsp finely grated ginger  
½ tsp turmeric ground  
½ tsp garam masala  
1 ¾ cups (220g) basmati rice rinsed  
3 cups (750ml) vegetable stock  
400g can lentils drained, rinsed  
½ cup coriander leaves, to serve

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*TIP: To make Qukes® baby cucumbers raita, combine 1 cup of thick Greek yoghurt with 4 thinly sliced Qukes® baby cucumbers and 2 tbs shredded mint.*

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Heat oil in a deep-frying pan on high. Add mustard seeds, cook, stirring for 1 minute or until seeds begin to pop. Reduce heat to medium, add onion and cook stirring occasionally for 5 minutes or until onion softens. Add chilli, ginger, turmeric and garam masala. Cook, stirring for 2 minutes until aromatic.

Add rice and stir to coat in the spices. Stir in Cauli-Blossom® and stock. Increase the heat to high and bring to the boil. Reduce heat to low, cover with tight-fitting lid and simmer gently for 25 minutes without removing the lid. Remove from the heat.

Stir lentils in with a fork. Cover and stand for 5 minutes. Stir gently with a fork to separate the grains. Top with dollops of Qukes® baby cucumbers raita and mango chutney. Scatter over the coriander. Serve.



To learn more about Cauli-Blossom® and discover delicious recipes using this product scan this QR code or visit [perfection.com.au](http://perfection.com.au)



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