

# The Orange and the Cauliflower

February's Discoveries






## The orange

### Purchase

Choose a firm and heavy orange. The skin should be smooth and free of soft and black spots. Be careful not to choose an orange with a thick skin. It can indicate a thin and dry flesh.

### Preservation

The orange can be stored for about 1 week at room temperature or up to 1 month in the refrigerator.



## There are different varieties of oranges... did you try them all?

- Valencia orange: Juicy and tangy flesh, with little or no seed. It is mainly used to prepare juice.
- Navel orange: Sweet flesh that contains little seed and is surrounded by a thick skin that is easy to remove. It is the most consumed variety of orange.
- Blood orange: Sweet, juicy and flavourful flesh that usually contains few seeds. It is characterized by a blood red colored flesh.
- Bitter orange (Seville orange): Smaller flesh that is acidic and not as juicy. Caution: The fruit and the juice of this orange can affect many categories of medication, as grapefruit does. Therefore, it is important to discuss with your physician or pharmacist before eating it.

# Recipe

## Orange Salad

### Ingredients

1	Orange cut in small pieces	
2	Green onion, chopped	
6	Radish, finely chooped	
½	Yellow pepper, chopped	
3oz	Baby spinach	100g

### Dressing

¼ cup	Extra virgin olive oil	60 ml
½	Lemon, pressed	
1 tbsp	Honey	15 ml
1 pinch	Cayenne pepper	

### Preparation

- In a bowl, mix the vegetables and the pieces of orange.
- In another bowl, mix the dressing ingredients.
- Add the dressing to the salad, mix well and serve.

**Servings: 4**

# The cauliflower

## Purchase

Choose a firm cauliflower with compact florets. The leaves should be bright green and fresh. Whether the cauliflower's head color is cream, violet, orange or green, it should keep its original tint.

## Preservation

The cauliflower will keep 4-5 days or more in the refrigerator. It should be blanched before being frozen.

## Cooking

Cauliflower can cook very quickly. Therefore, it is important to carefully monitor when cooking to prevent a change of texture and flavor and a loss of nutrients. Adding a bread crouton to the boiling water can help diminish odors associated to cooking cauliflower.

Did you know that cauliflower and broccoli can replace one another in most recipes?

## Recipe

### Marinated salad with Cauliflower and Lemon Pesto

#### Ingredients

1 big (1 lb)	Cauliflower head cut in small bouquet	454g
3	Carrots, sliced	240g
1	Red pepper, sliced	165g
2 cups	Roman or Lima bean, rinsed and strained	1 can of 19oz (540ml)

#### Lemon pesto

1 cup	Basil, fresh	250 ml
¼ cup	Pine nuts	60 ml
¼ cup	Olive oil	60 ml
¼ cup	Lemon juice	60 ml
½ tsp	Lemon zest	2 ml
1 clove	Garlic, chopped	
To taste	Pepper	

### **Preparation**

- Blanch cauliflower and carrots in boiling water or with steam for 5 minutes. Put in frozen water and drain.
- Mix vegetables and beans in a bowl.
- Mix the lemon pesto's ingredients in a blender until a smooth texture.
- Mix the pesto into the salad. Refrigerate several hours before serving.

**Servings: 8**

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