

BROCCOLI AND TOFU IN SPICY PEANUT SAUCE

from *The Enchanted Broccoli Forrest* by Mollie Katzen

SAUCE:

- ½ cup unprocessed peanut butter
- ½ cup hot water
- ¼ cup cider vinegar
- 2 Tbs. tamari or soy sauce
- 2 Tbs. molasses
- ¼- ½ tsp. cayenne pepper

In a saucepan, whisk together the peanut butter and the hot water until blended. Whisk in remaining ingredients. Place on a low burner to warm.

SAUTÉ:

- 1 lb. fresh broccoli
- 3 Tbs. peanut oil
- 2 tsp. freshly grated ginger root
- 4 medium cloves garlic, minced
- 1 lb. tofu, cut into small cubes
- Salt and black pepper
- 2 cups thinly sliced onion
- 1 cup coarsely chopped raw peanuts
- 2-3 Tbs. tamari or soy sauce
- 2 freshly minced scallions

Cut the florets from the broccoli and coarsely chop. Peel and thinly slice the stems. In a wok or skillet, heat 1 Tbs. oil. Add half the ginger and half the garlic. Salt lightly. Sauté over medium heat for one minute, then add the tofu. Stir fry for 5-8 minutes. Add tofu to peanut sauce.

Wipe the wok with a paper towel, and reheat with 1 Tbs. oil. Add remaining ginger and garlic. Salt lightly. Add onions and some black pepper. Sauté until onions are soft. Add the broccoli and peanuts to the wok. Add tamari, and stir-fry over medium heat until the broccoli is bright green and just tender.

Pour the sauce over the sauté, mix well, and garnish with the scallions.



LBO COOKS: BROCCOLI AND CAULIFLOWER

BUFFALO CAULIFLOWER

from *Tasty.com*

- ¾ cup all-purpose flour
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- ½ teaspoon pepper
- ¾ cup milk or milk alternative
- 1 head cauliflower
- ¼ cup buffalo sauce or hot sauce
- 2 tablespoons coconut oil or vegetable oil
- 1 tablespoon honey

Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.

In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.

Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway.

Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes. Serve.

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CAULIFLOWER FRIED "RICE"

adapted from *Pinch of Yum*

1 medium-sized head of cauliflower (can substitute up to half of cauliflower for broccoli stems)

2 tablespoons sesame oil

1 large carrot, cubed

3-4 garlic cloves, minced

2 teaspoons ginger, peeled and grated

1 cup edamame

2 beaten eggs (use scrambled tofu for vegan)

3 tablespoons low sodium soy sauce (use tamari for GF)

6 green onions, minced

2 Tbs. soy sauce

2 Tbs. honey

2 Tbs. sesame oil

oyster sauce

Shred cauliflower (and broccoli if adding) using the largest side of a grater OR by just pulsing some rough cut pieces in a food processor; the end product should resemble smallish grains of rice.

Heat 1 tablespoon sesame oil in a large skillet over medium low heat. Add the carrots, garlic, and ginger and stir fry until fragrant, about 5 minutes. Add the cauliflower, edamame, and remaining sesame oil to the pan; stir fry quickly to cook the cauliflower to a soft (but not mushy) texture.

Make a well in the middle, turn the heat down, and add the eggs. Stir gently and continuously until the eggs are fully cooked. Stir in the soy sauce and green onions just before serving.

For sauce: mix remaining ingredients together and drizzle over fried "rice."

DEVILED CAULIFLOWER

from *Bon Appetit*

2 medium heads cauliflower, cut into florets

3 tbs. butter

3 tbs. flour

1¾ cups milk

1 bay leaf

2 tbs. Dijon mustard

1 tsp. Worcestershire sauce

Salt, pepper and nutmeg to taste

½ cup fresh white breadcrumbs

2 tbs. butter, melted

Blanch cauliflower in boiling water until crisp-tender, about 5 minutes. Drain. Rinse under cold water and drain again.

Make a roux with the butter and flour; add milk, bay leaf and bring to a simmer. Simmer 5 minutes, or until thick, stirring. Stir in mustard and Worcestershire. Season with salt, pepper and nutmeg. Discard bay leaf.

Toss cauliflower and sauce together in large bowl. Stir until well coated. (Can be made a day ahead. Cover and chill.)

Preheat oven to 350°F. Place cauliflower in 9x13" broiler-proof baking dish. Top with breadcrumbs and drizzle with melted butter. Bake until heated through and sauce bubbles at edges, about 45 minutes. (Less if dish is already warm).

Preheat broiler. Place dish under broiler; cook until top is golden, about 2 minutes. Cool 5 minutes before serving.

BROCCOLI STEM SLAW

from *FineDiningLovers.com*

4 large broccoli stems, shredded

2 large carrots, shredded

1/2 cup slivered almonds (optional)

3/4 cup mayonnaise (regular or vegan)

the juice of one lemon

1 tsp of Dijon mustard

1/2 Tbs. white vinegar

Salt and pepper to taste

Place the broccoli stems, carrots and slivered almonds in a large bowl.

Blend all of the dressing ingredients together and pour over vegetables. Toss well and allow to sit for one hour in the refrigerator.