



CSA Recipes - Week of November 11th

Cauliflower Omelet

Adapted from *The Legendary Cuisine of Persia* by Margaret Shaida /

<https://www.theguardian.com/lifeandstyle/2013/apr/06/10-best-cauliflower-recipes>

Ingredients:

1 large cauliflower
2 medium onions
Oil for frying
2 tsp turmeric
1/3 cup chopped parsley
3 tablespoons flour
1½ tsp baking powder
10 eggs
Pickles and fresh herbs

Directions:

Wash the cauliflower and cook in salted water. Mash and leave to cool.

Chop the onions and fry in a little oil until soft and golden. Stir in the turmeric and put aside to cool.

Wash and chop the parsley. When all the ingredients are cool, mix the cauliflower, flour, baking powder, onions and parsley.

Heat enough oil to cover the base of a large frying pan. While the oil heats, beat the eggs until frothy, then stir in the cauliflower mixture. Pour into the hot oil, then immediately reduce the heat, cover and cook over a gentle heat for 25 minutes until firm.

Turn over and cook for a further 10 minutes. Serve immediately with mixed pickles and fresh herbs.

Mustard Kale Mac & Cheese

Adapted from <https://www.nadiyahussain.com/recipes/mustard-kale-mac-cheese/>

Ingredients:

½ box fusilli (or shape of your choice) pasta
1 tablespoon of vegetable oil
1 teaspoon olive oil
2 tablespoons unsalted butter
3 cloves of garlic, crushed
1 teaspoon English mustard powder



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3 tablespoons plain flour
1 cup whole milk
1 cup cream
½ lb. aged Cheddar cheese, grated
large handful of kale leaves, chopped
4 tablespoons Parmesan cheese, grated
freshly ground black pepper

Directions:

Preheat the oven to 400°F.

Bring a large pan of salted water to the boil, and cook the pasta for 3 minutes less than the recommended time on the box. Drain and add the oil, stirring it through. This will stop the pasta sticking together. – and set aside.

Melt the butter in a small pan over a medium heat, then add the garlic and mustard powder and cook for 1 minute.

Stir in the flour, and cook for 1 minute, mixing all of the time.

Add the milk and the cream, and whisk until the sauce is smooth and lump-free. Continue to whisk until the sauce thickens.

Take the pan off the heat, add the grated Cheddar cheese and leave it to melt, stirring occasionally.

Now tip the pasta and kale into an ovenproof dish, and pour over the sauce.

Bake for 20 minutes, until the top is crisp and golden. Sprinkle with the Parmesan and a good grind of black pepper to serve.