

Annie's Organic Buying Club

making organics affordable for everyone!



Creamed Spinach by Robert Irvine

- 1 pound fresh organic spinach, soaked several times in salt water to remove grit, well-rinsed and dried in a salad spinner
- 4 ounces bacon (about 4 strips)
- 1/2 cup heavy cream
- 1/4 cup Parmesan
- Salt and pepper
- Freshly ground black pepper

Steam spinach until tender and set aside to cool in a colander placed over a bowl to catch any excess moisture. (Steaming preserves vitamins, so since it cooks quickly, be careful to avoid overcooking the spinach, which will negate that advantage.)

Cook bacon until crispy in a saute pan and remove to paper toweling to drain and cool. Pour most of the fat out of the pan and add the cream to the same pan over low heat, allowing to reduce by about one-third.

While the cream is reducing, finely chop the now cooled spinach, and return it briefly to the colander placed over a bowl. Cut the bacon strips into 1/4-inch pieces.

Whisk the Parmesan into the reduced cream, and season with pepper. Since the cheese will add saltiness, add salt only if needed. Fold the well-drained spinach and bacon into the sauce. Transfer to a serving dish.

Penne with Spinach Sauce by Giada De Laurentis

- 1 pound whole wheat or multi grain penne
- 3 garlic cloves
- 2 ounces goat cheese
- 1 ounce reduced fat cream cheese
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 6 ounces fresh baby spinach leaves
- 2 tablespoons freshly grated Parmesan

Bring a large pot of salted water to boil. Add the penne and cook until it is tender but still firm to the bite, stirring occasionally, about 12 minutes.

Mince the garlic in a food processor. Add the goat cheese, cream cheese, 3/4 teaspoon of salt, 1/2 teaspoon of pepper, and half of the spinach leaves. Blend until the mixture is smooth and creamy. Set the cheese and spinach mixture aside.

Meanwhile, place the remaining spinach leaves in a large bowl.

Drain the pasta, reserving 1 cup of the cooking liquid. Spoon the pasta atop the spinach leaves in the bowl. Scrape the cheese and spinach mixture over the pasta mixture and toss to coat, adding enough reserved cooking liquid to moisten. Season the pasta, to taste, with salt and pepper. Sprinkle the Parmesan over and serve.

Simple Sautéed Spinach (or other Leafy Green)

- 1 bunch spinach (or kale or chard)
- 2 tablespoons olive oil
- 2-3 cloves garlic, chopped
- Sea salt
- Lemon (optional)

Clean spinach or other leafy by placing in a sink full of water, agitate, let sit, agitate again. The dirt will fall and the leaves will float. Spin dry.

When using spinach it's important to remember that the sweetness is in the stems, so only trim off the end. Chop.

Add chopped garlic to olive oil gently warmed in pan until it just begins to brown. Add the leafy green (note: if using chard, add the thicker stems first and sauté several minutes before adding the leaves.) and turn until it is all wilted by the heat. Cover and cook for one minute. Spinach takes very little time to cook whereas other greens can take a little longer. Season with salt and (a little lemon zest and a squeeze of lemon – optional) and enjoy.

Greek Feta Spinach Frittata

- 1 bunch spinach
- 1/2 red onion diced
- 1 clove garlic
- 8 eggs
- ¼ cup milk
- 1 pkg ricotta cheese (8-10oz)
- ¼ teaspoon oregano
- 1 cup crumbled feta
- Sea salt
- 1 cherry tomatoes, cut in 1/2

Wash spinach in a sink full of water. Trim the ends slightly. Saute onions in olive oil over medium heat until they begin to caramelize. Add garlic and spinach and turn until wilted. Remove from pan to cuisinart and pulverize.

Preheat oven to 375F. Mix eggs with ricotta, milk, sea salt, oregano, and feta cheese. Add spinach mixture to eggs and whisk together while heating a pan on the stove top gently. Add butter to pan. Once it bubbles add the egg mixture. Move to oven and bake for 30 minutes until puffy and golden on top. Serve with sliced cherry tomatoes and maybe some olives on the side.

Spinach & Brie Crepes with Artichoke Cream Sauce by Emeril Lagasse

- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- 2 (10-ounce) bags fresh spinach, well washed, tough stems removed
- Salt and freshly ground white pepper
- 12 Basic Crepes, recipe follows
- 3/4 pound brie, cut into 1/4-inch slices
- 1 recipe Artichoke Cream Sauce, warm, recipe follows
- Butter, for greasing baking dish
- Chopped fresh soft herbs, such as parsley, chives, and tarragon, for garnish
- Essence, for garnish, recipe follows

In a large skillet, heat the olive oil. Add the garlic and spinach and stir gently to combine. Cover the skillet and cook, stirring occasionally, until the spinach is wilted, 1 to 2 minutes. Season with salt and freshly ground white pepper to taste. Remove from the heat and tilt the pan to remove any excess liquid, pressing gently on the spinach with the back of a spoon or a spatula to help release any excess moisture.

Preheat the oven to 400 degrees F.

Arrange the crepes on a clean work surface. Divide the wilted spinach evenly among the crepes, then divide the brie evenly on top of the spinach. Spoon over 1 tablespoon of the sauce. Roll each crepe up to form a cylinder shape. Transfer the crepes to a buttered baking dish just large enough to hold the crepes in 1 layer, top with the rest of the sauce and more brie. Bake until crepes and spinach are heated through and cheese is melted, about 10 minutes. Garnish with herbs and Essence.

Basic Crepes:

- 1 cup all-purpose flour
- 3 large eggs, beaten
- 1 1/2 cups whole milk
- 1/4 teaspoon salt
- 4 tablespoons melted unsalted butter

Whisk together the flour, eggs, milk, salt, and 3 tablespoons of the butter to form a smooth, thin batter. Refrigerate for at least 30 minutes before proceeding.

Heat a heavy 6-inch skillet or crepe pan over medium-high heat. When hot, brush with a light coating of the remaining butter. Ladle about 2 ounces of crepe batter into the pan, tilting the skillet to evenly coat the pan with batter. Cook until golden brown on the bottom and the top begins to look dry, 1 to 2 minutes. Using a spatula, carefully turn the crepe and cook on the second side just until the bottom colors slightly, about 30 seconds. Transfer to a plate and cover loosely with waxed paper to keep warm. Repeat with remaining batter.

Artichoke cream sauce:

- 2 boiled artichokes
- 1 tablespoon olive or vegetable oil
- 1/4 cup chopped yellow onions
- 1/4 cup chopped parsnips
- 1/4 cup chopped celery
- 1/4 cup chopped leeks (white part only)
- 1 teaspoon chopped garlic
- 1 cup white wine
- 2 cups heavy cream
- 3/4 teaspoon salt
- 1/8 teaspoon freshly ground white pepper

Remove the large outer leaves from the artichokes and discard the spiky inner leaves. Scrape the hairy choke from the hearts and discard. Dice the hearts and set aside.

Heat the oil in a medium, heavy pot over medium-high heat. Add the onions, parsnips, celery and leeks, and cook, stirring, for 2 minutes. Add the garlic and cook, stirring, for 30 seconds. Add the wine, and cook, stirring, until the wine is almost all evaporated, about 3 minutes. Add the cream, artichokes, salt, and pepper, and simmer for 5 minutes.

If artichokes are new to you, check out this site for step by step guide on enjoying this delicious vegetable:
http://simplyrecipes.com/recipes/how_to_cook_and_eat_an_artichoke/

Simply Delicious Artichokes by Emeril Lagasse

- 4 artichokes
- 1/4 cup plus 1 teaspoon salt
- 1 lemon, halved, plus 2 tablespoons lemon juice
- 12 tablespoons (1 1/2 sticks) unsalted butter

In a large pot, bring 3 quarts of water and 1/4 cup of the salt to a boil.

Place the artichokes on a cutting board. With a sharp chef's knife, trim the stem ends off until the bottom is flat. This way, the artichokes can sit upright. Cut the top third from each artichoke and discard.

With kitchen scissors, cut the pointed tip from each of the remaining outer leaves. Discard.

Rub the cut areas with the lemon halves.

Squeeze any remaining juice from the lemon halves and add the juice to the boiling water along with the juiced lemon halves themselves.

Using a slotted spoon or skimmer, carefully add the artichokes to the boiling water. Top with a heavy pot lid or heat-proof baking dish that will fit inside the pot, so that the weight will keep the artichokes submerged in the water. This is a bit tricky. Be sure to have an adult help with this.

Lower the heat and cook at a slow boil until the artichokes are tender, about 20 to 30 minutes. With oven mitts or pot holders, carefully remove the lid or weighted dish from the top of the artichokes.

With a slotted spoon or skimmer, and with a small bowl or dish held underneath to catch the hot water, carefully transfer the artichokes to a colander set in a sink. With tongs, turn each artichoke upside down and place in the colander. Let drain, inverted, until cool enough to handle.

To make the lemon-butter sauce, melt the butter over medium heat in a small saucepan.

Add the remaining 2 tablespoons of lemon juice and the remaining teaspoon of salt, and stir to combine.

Remove the lemon-butter sauce from the heat and transfer to small dipping bowls to serve with the artichokes.

Serve the artichokes either warm or cold.

Stuffed Artichokes by Emeril Lagassee

- 3 artichokes
- 1 lemon, thinly sliced
- 1 teaspoons crab boil
- 1 bay leaves
- 1 tablespoons butter
- 1/4 cup finely diced onion
- 1/2 teaspoon chopped garlic
- 1/2 teaspoon chopped oregano leaves
- 3/4 cups Italian style bread crumbs
- 1/2 teaspoon lemon zest
- 1/4 cup grated Parmesan, plus more for garnish
- 1/8 cup olive oil plus 1 tablespoons, divided
- Salt and pepper

Bring a large pot of salted water to a boil. Preheat the oven to 400 degrees F.

Cut the stems from the artichokes to leave a neat, flat base. Lay each artichoke on its side, and cut away the upper third with a sharp knife. With kitchen shears, remove the prickly leaf tips from each remaining leaf. Rub the cut sides and bottom with a lemon slice, squeezing lemon juice onto the cut areas and set aside.

Place the prepared artichokes, lemon slices, crab boil and bay leaves in the boiling water and simmer, partially covered, until the bottom is tender and can be pierced with a sharp knife and an outer leaf pulls out easily, about 25 minutes.

Heat the butter in a small skillet over medium heat. Add the onions and cook until softened, about 4 minutes.

To the onion pan, add the garlic and oregano and continue to cook for 30 seconds.

Remove from the heat and stir in the bread crumbs, lemon zest, Parmesan, and 1/4 cup of the olive oil. Mix well and adjust seasonings with salt and freshly ground black pepper.

Drain the artichokes upside down in a colander.

When the artichokes are cool enough to handle, press the leaves gently back so that the artichoke opens to reveal the inner choke and prickly leaves. Pull out the cone of undeveloped white leaves and gently scrape out the choke

with a spoon so as not to damage the heart. Gently pull the leaves outward from the center until the leaves open slightly.

Fill the artichoke cavities with bread stuffing, and pack a little bit into the space between the leaves. Place the artichokes in an earthenware baking dish and drizzle the tops with the remaining 2 tablespoons of olive oil.

Pour 1/2 cup of water into the bottom of the dish and place in oven.

Bake until the artichokes are golden brown and the bread crumbs develop a nice crust, about 10 to 15 minutes.

Transfer to a serving plate, drizzle with some olive oil and sprinkle some grated Parmesan. Serve with additional lemon wedges.

COUSCOUS-STUFFED ARTICHOKES *Courtesy California Artichoke Advisory Board*



- 4 large California artichokes
- 1½ cups chicken broth
- 1 teaspoon curry powder
- ¾ teaspoon ground cumin
- ½ teaspoon garlic salt
- 1 cup instant couscous
- ¼ cup currants
- ½ cup sliced green onion
- ½ cup toasted slivered almonds, chopped
- ½ teaspoon grated lemon peel
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- Plain lowfat yogurt, optional

Wash artichokes. Cut off stems at base and remove small bottom leaves. Stand artichokes upright in deep saucepan large enough to hold snugly. Add 1 teaspoon salt and 2 to 3 inches boiling water. Cover and boil gently 35 to 45 minutes, or until base can be pierced easily with fork. (Add a little more boiling water, if needed.) Turn artichokes upside down to drain. Carefully remove center petals and fuzzy centers with a spoon and discard. Keep warm or chill as desired.

In medium saucepan combine chicken broth, curry powder, cumin and garlic salt; bring to a boil. Remove from heat; stir in couscous and currants. Cover and let stand 5 minutes. Fluff couscous with a fork. Stir in green onion and almonds. Combine lemon peel, lemon juice and vegetable oil; stir into couscous.

Gently spread artichoke leaves until center cone of leaves is revealed. Pull out center cone. With a spoon, scrape out any purple-tipped leaves and fuzz. Fill centers of artichokes with

COOK'S TIP: Fresh cooked and chilled artichokes are easy to keep on hand for quick meals. Refrigerated in a covered container, they will keep up to a week.

Perfect Fingerling Potatoes by Alton Brown

- 1 1/4 pounds kosher or rock salt
- 2 quarts water
- 2 pounds small fingerling potatoes, cleaned
- 4 tablespoons butter, optional
- Freshly ground black pepper, optional
- 1 tablespoon freshly chopped chives, optional

In a large pot, combine the salt, water, and potatoes and bring to a boil. Cook until the potatoes are fork-tender, approximately 25 to 30 minutes. Remove from the pot to a cooling rack and let stand for 5 to 7 minutes. Serve as is or with butter, pepper, or chives.

Dill Fingerling Potatoes by Ina Garten

- 2 tablespoons unsalted butter
- 1 1/4 pounds fingerling potatoes, rinsed but not peeled
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 tablespoons chopped fresh dill

Melt the butter in a Dutch oven or large heavy-bottomed pot. Add the whole potatoes, salt, and pepper, and toss well. Cover the pot tightly and cook over low heat for 20 to 30 minutes, until the potatoes are just tender when tested with a small knife. From time to time, shake the pot without removing the lid to prevent the bottom potatoes from burning. Turn off the heat and allow the potatoes to steam for another 5 minutes. Don't overcook. Toss with the dill, and serve hot.

Roasted Garlic Fingerling Potatoes by The Neelys

- 1 1/2 pounds fingerling potatoes
- 4 tablespoons olive oil
- 8 garlic cloves, sliced
- 1 tablespoon freshly chopped Italian parsley leaves
- Salt and freshly ground black pepper

Preheat the oven to 350 degrees F.

In a casserole dish, mix together the potatoes, oil, garlic, parsley, salt, and pepper. Roast for 20 minutes or until the potatoes are tender

Creamed Leeks to serve with Fish by Robert Irvine

- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 onions, chopped
- 1 cup white wine
- 6 leeks, white and tender green parts only, cut into 12 pieces lengthwise and thoroughly soaked in salt water to release grit
- 1/2 cup heavy cream
- Salt & freshly ground black pepper

Heat the olive oil and butter in a medium saute pan over medium heat and saute onion until translucent. Deglaze the pan with wine and reduce until the liquid is almost all gone. (While you are waiting for the wine to reduce, start cooking the leeks.) Cook the leeks in simmering water until tender. Drain and set aside. When the wine has mostly evaporated, stir in the cream, season with salt and pepper, and lower heat to a simmer to allow to reduce and thicken. Strain this sauce and pour over the leeks and set aside briefly in a warm place.

Grilled Leek Vinaigrette by Gourmet Magazine

- 12 medium leeks (about 4 1/2 pounds), tough outer leaves discarded
- Vegetable oil, for grilling
- 1/3 cup minced assorted fresh herbs, such as chives, parsley, mint, basil, and tarragon
- 1/4 cup finely diced red bell pepper, plus more for garnish
- 1/4 cup kalamata or other brine-cured black olives, pitted and diced fine
- 4 teaspoons Dijon-style mustard
- 3 tablespoons white-wine vinegar
- 1/2 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- Chopped flat-leaf parsley, for garnish
- Diced hard-boiled egg, for garnish

Trim the leeks to about 7 inches long. Split them lengthwise to within 1 1/2 inches of the root end, leaving the root end intact. Submerge the leeks in a large bowl of water, let them soak to release any dirt or sand, for several minutes. Lift the leeks out of the water and discard the water.

Pour about 1-inch of water into a large saucepan, and set up a collapsible steamer inside. Bring the water to boil and steam the leeks, covered, until crisp-tender, about 6 minutes. Shock the leeks in a bowl of ice water and drain. Cut the leeks apart at the root ends and drain them on paper towels. Transfer the leeks to a shallow dish.

Brush the leeks with the vegetable oil and, working in batches, grill them over medium heat until charred and soft, about 4 minutes per side. (The leeks may be prepared up to the is point 1 day in advance and kept covered and chilled.)

In a bowl whisk together the herbs, bell pepper, olives, mustard, and vinegar. While whisking, add the oil in a stream until emulsified. Season with salt and pepper.

Pour the vinaigrette over the leeks and turn them to coat evenly. Marinate in the refrigerator for at least 3 hours or up to overnight. When ready to serve, arrange the leeks on a platter and pour any remaining vinaigrette over the top. Garnish with red pepper, parsley, and egg.

Leek Broccoli Frittata with Potato Crust

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 leek, sliced
- 1 potato, shredded
- 1-2 garlic cloves, chopped
- Sea salt
- 1 cup leftover cooked broccoli
- 1 cup parmesan cheese
- 6 eggs
- ½ cup milk
- ½ cup sour cream

Preheat oven 375F. Wash leeks well but cutting in half and agitating in a bowl or sink full of water. The dirt will fall and the leeks will float. Agitate often to make sure the dirt is cleaned out. Slice from white to light green parts. Dark green are usually too tough to use.

Heat pan on medium on stove top with olive oil and butter. Sauté leek in pan until it begins to brown, about 6 minutes. Add garlic and potato and sauté a little. Then press into pan and cover to cook the potato a couple minutes. Uncover and flip allowing the potato to cook through and crisp up some. Sprinkle on sea salt.

Mix eggs with milk, sour cream, and cheese. Season with sea salt.

Lay broccoli over potato crust. Pour egg mixture over it. Move to oven and cook until puffed and golden, about 20 minutes or so. Serve with side salad.

Pureed Broccoli Leek Soup by Rachel Ray

- 1 large head broccoli, cut into small florets
- 4 tablespoons butter
- 4 leeks, white parts only, thinly sliced
- Salt
- 1/2 cup chicken broth
- 1/2 cup heavy cream
- 1/2 teaspoon freshly grated nutmeg or 1/4 teaspoon ground nutmeg
- Pinch cayenne pepper
- 4 ounces Gruyère cheese, grated (about 1 cup)

In a steamer set over simmering water, cook the broccoli florets until soft, about 5 minutes. Drain and set aside.

In a large skillet, melt the butter over medium-low heat. Add the leeks, sprinkle with salt and cook, stirring often, until soft, about 15 minutes. Stir in the chicken broth and cook until half the broth is absorbed. Remove from the heat.

In a food processor, combine the broccoli and the leek mixture. Add the cream and process until smooth. Season with the nutmeg, cayenne and salt to taste. Add to the skillet and warm over low heat. Add the cheese and cook until melted.

SPICY INDIAN CAULIFLOWER by Asian Cuisine.suite101.com

- oil for frying
- pinch of cumin seed
- pinch of mustard seed
- 2 tsp minced ginger
- 3 cloves of garlic, chopped
- one onion, thinly sliced
- 1/2 tsp ground turmeric
- one medium cauliflower, cut into flowerets
- 2 tsp red chili powder (or 3 chopped green chilis)
- salt and pepper
- chopped fresh cilantro (optional)

Heat the oil in a fry pan (about 2 to 3 tbsp) and add the mustard seed. When the seeds start to pop, add the cumin, ginger, garlic and onion. Stir fry for a few minutes until the onion turns golden. Sprinkle ground turmeric and add the cauliflower. Stir fry for another 2 minutes to coat the vegetable. Add the chili powder or chilis, salt and pepper to taste.

Cover the pan and cook until cauliflower is soft. Stir occasionally. Toss cilantro on top when ready to serve.

This dish is best served with rice and a curry dish. You will not be disappointed!

Indian Peas & Cauliflower by All Recipes

- 3 tablespoons vegetable oil
- 4 teaspoons cumin seed
- 1 teaspoon mustard seed
- 2 cups green peas
- 2 cups cauliflower florets
- sea salt

Heat the oil in a skillet over medium heat. Place the cumin seeds and mustard seeds in the hot oil. Cook and stir until the seeds begin to pop. Mix in the peas and cauliflower. Season with salt. Reduce heat to low, cover, and continue cooking 15 minutes, until the vegetables are tender.

Gobi ka Kheema

- 1 medium cauliflower
- 3 medium onions
- 3 cloves garlic
- 1/2 inch piece fresh ginger
- 5 tbsp tomato puree
- 1 cup peas
- 1/2 stick cinnamon
- 1/2 tsp cumin seeds
- 1/4 tsp red chili powder
- 5 tbsp plain yogurt
- 1/2 tsp garam masala
- Oil

- salt to taste

Divide the Cauliflower into florets, and Grate them in food Processor. Warm 5 table spoons oil and add Cauliflower, Saute for 10 min. Continue cooking for another 30 min. the Cauliflower should be Dark Brown. Grate ginger & Garlic and chop Onions. Warm oil and add cinnamon & cumin. When spices Darken add Grated Ginger & Garlic then add Onions and fry till Brown. Reduce the Heat to low and add salt, red Chilli powder and tomato Puree. Mix well and add Yogurt. Cook for 2 min add peas and Water. After boiling add cauliflower. Cook for 15 min. Mix garam Masala. Serve hot with rice.

See more Indian cauliflower recipes: <http://www.recipes.keralaz.info/gobi-cauliflower-recipes/cauliflower-index.shtm>

Roasted Broccoli & Cauliflower

Cut Broccoli & Cauliflower into florets about the same size. Drizzle on olive oil and toss to coat. Lay on a sheet pan and sprinkle with sea salt. Roast on 425F for 20-30 minutes depending upon the size of your florets until they begin to brown and caramelize.

We love roasting other vegetables including Green Beans, Brussels Sprouts, Cabbage, even Kale (but that needs only 10-15 minutes since it's so thin.) The secret is to lay them in the cookie sheet in a single layer and never crowd the pan otherwise they will steam instead of roast. Roasting intensifies the sweetness in vegetables.

Roasted Cauliflower with Caper Aioli by Dan Smith & Steve McDonagh

- 1 head cauliflower, cut into florets
- 4 ounces prosciutto, sliced thick and cut into 1/4-inch dice
- 1/2 cup pitted dates, chopped
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1 tablespoon chopped parsley leaves, for garnish
- Caper Aioli, recipe follows

Preheat the oven to 375 degrees F. Combine the cauliflower, prosciutto, dates, olive oil, salt and red pepper flakes in a large mixing bowl. Mix well to coat and place onto a sheet pan. Place in the top half of the oven and roast until the cauliflower is fork tender and light brown, about 30 to 40 minutes. Remove from oven, transfer to a decorative bowl and serve warm with the caper aioli on the side.

Caper Aioli:

- 1 cup mayonnaise
- 1/2 teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons capers, chopped
- 1 teaspoon caper brine
- 1 tablespoon chopped parsley leaves

Rub the inside of a decorative bowl with the garlic clove. Put the mayonnaise, salt, olive oil, capers, caper brine and parsley in a mixing bowl and mix well to combine. Transfer to the decorative bowl and serve with roasted cauliflower.

Cauliflower Gratin by Barefoot Contessa

- 1 (3-pound) head cauliflower, cut into large florets
- Kosher salt
- 4 tablespoons (1/2 stick) unsalted butter, divided
- 3 tablespoons all-purpose flour
- 2 cups hot milk
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon grated nutmeg
- 3/4 cup freshly grated Gruyere, divided
- 1/2 cup freshly grated Parmesan
- 1/4 cup fresh bread crumbs

Preheat the oven to 375 degrees F.

Cook the cauliflower florets in a large pot of boiling salted water for 5 to 6 minutes, until tender but still firm. Drain.

Meanwhile, melt 2 tablespoons of the butter in a medium saucepan over low heat. Add the flour, stirring constantly with a wooden spoon for 2 minutes. Pour the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly, for 1 minute, or until thickened. Off the heat, add 1 teaspoon of salt, the pepper, nutmeg, 1/2 cup of the Gruyere, and the Parmesan.

Pour 1/3 of the sauce on the bottom of an 8 by 11 by 2-inch baking dish. Place the drained cauliflower on top and then spread the rest of the sauce evenly on top. Combine the bread crumbs with the remaining 1/4 cup of Gruyere and sprinkle on top. Melt the remaining 2 tablespoons of butter and drizzle over the gratin. Sprinkle with salt and pepper. Bake for 25 to 30 minutes, until the top is browned. Serve hot or at room temperature.

We love **Roasted Cauliflower**: <http://hiporganicmama.blogspot.com/search/label/cauliflower>

Roasted Pureed Cauliflower by Guy Fieri

- 2 heads cauliflower, core removed, cut into florets
- 1 tablespoon olive oil
- 4 cups whole milk
- 1 teaspoon salt
- 1 tablespoon unsalted butter
- 1/2 bunch chives, minced for garnish

Preheat oven to 350 degrees F.

On a sheet tray, spread 1/4 of the florets with the oil, season with salt and bake until caramelized, about 25 minutes. Meanwhile, combine remaining cauliflower, milk and half a teaspoon of salt in a medium saucepan over medium heat. Bring mixture to a simmer, cover, and cook until cauliflower is tender, about 20 to 25 minutes. Strain cauliflower from milk mixture, reserving both. Transfer cauliflower to a blender. Add remaining 1/2 teaspoon of salt and butter to the blender. Add half of the reserved milk liquid. Secure top on blender and puree mixture until smooth. If mixture is too thick, thin by adding some of the remaining liquid. Season, to taste. Serve in a large serving bowl topped with caramelized florets and chives.

Avocados are actually a fruit, but we eat them as a vegetable. They add texture, flavor and richness:

- Try pureeing one with goat or cream cheese and a dash of hot sauce or pepper flakes, sea salt and pepper.
- Make guacamole by adding chopped avocados with lime juice, finely diced onion or scallion, finely diced jalapeno, fresh cilantro, sea salt, garlic, and a little diced tomato.
- Blend with sour cream, sea salt, and some spices, as a topping for fish and chicken.
- Mix with eggs, lemon juice, mayo, and maybe some fresh dill to make "green eggs" (and then stuff into the hard cooked whites.)
- Add to smoothies for a green smoothie, this is common in many countries where they mix it with sweetened condensed milk and ice.
- Like bananas, avocados add a creamy texture. It imparts a lovely light green color that's fun for kids too – we add milk vanilla, and honey.
- Use instead of butter on bread.
- Make a creamy salad dressing by blending avocado, olive oil, salt, parsley or dill, and vinegar

Pear, Peach, Avocado Salad over Romaine

- 1 ½ avocados
- 1 pear
- 1 peach

Chop into even slices. Put on bed of romaine. Top with creamy vinaigrette:

- ½ avocado
- ½ teaspoon honey
- ¼ teaspoon Dijon mustard
- 1 garlic clove chopped fine
- ½ cup vinegar, red wine
- 1 lemon – squeeze of fresh lemon juice
- 1 ½ cups olive oil

Blend everything until creamy and smooth. This pairs well with shrimp, crabmeat, or another seafood.

California Avocado, Shrimp & Romaine Salad by Avocado.org

Seasoned California Avocado

- 4 California Avocados
- 1 Tbsp Fresh lemon or lime juice
- 1 tsp Finely chopped garlic
- 1 tsp Ground cumin
- 1 1/5 tsp Salt
- ½ tsp Ground coriander
- To taste (optional) Hot pepper sauce

Marinated Shrimp

- 1 ½ Tbsp Red Wine Vinegar
- 1 ½ Tbsp Finely chopped cilantro
- 2 Tbsp Lightly toasted, ground pumpkin seeds
- 1 tsp Sugar
- 1 tsp Finely chopped garlic
- ½ tsp Salt
- 1/3 Cup Olive oil
- 2 Pounds Shrimp (21 - 25 count, cooked, peeled, deveined)

Coriander Seed Dressing

- 1/3 Cup Seasoned Rice Vinegar
- ¼ Cup Mirin wine (Japanese rice wine)
- 24 tsp Coriander seeds, coarsely crushed
- ½ Cup + 2 tablespoons Olive oil
- As needed Cilantro sprigs
- As needed Colored tortilla strips or chips
- 36 Hearts of romaine leaves

To prepare avocado, mash until creamy with bits of avocado remaining. (Do not puree.) Thoroughly blend remaining ingredients with avocado; reserve. To make Marinated Shrimp, whisk together vinegar and next 6 ingredients. Whisk in olive oil. Fold shrimp into vinaigrette; reserve. To make Coriander Seed Dressing, whisk together vinegar and next 5 ingredients; whisk in oil.

Brush 3 leaves romaine with coriander dressing; fan them out across a serving plate with root ends touching. Put a #16 scoop of avocado mixture at the root end of the leaves. Arrange 4 shrimp around avocado. Garnish with cilantro sprigs and tortilla strips or chips.

Find more recipes with Avocados here: <http://www.avocado.org/recipes/search>