

SAUTÉED CAULIFLOWER

WITH GARLIC, RED CHILIES AND LEMON

Serves 4-6

1 head of cauliflower, stem removed, divided into florets

3-4 cloves garlic, slivered

1 tablespoon red chile flakes

1 lemon, zest reserved and juiced

4 tablespoons olive oil

3 tablespoons of water, or as needed

Salt and pepper to taste

Heat the olive oil on medium high heat until hot, but not smoking. Add the garlic and stir to coat the slivers. After a minute or two, add the cauliflower, toss, add the salt, pepper, red chile flakes and lemon zest and cover the pan. Cook for 2-3 minutes, stirring occasionally. Add the lemon juice and a little water if needed, and cook until the cauliflower is cooked to taste—soft or slightly al dente.

The San Francisco Public Library in partnership with
The Heart of the City Farmer's Market presents



BIBLIO BISTRO

FOOD EDUCATION AT THE LIBRARY

TODAY'S FEATURED INGREDIENT:

CAULIFLOWER



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SAN FRANCISCO PUBLIC LIBRARY

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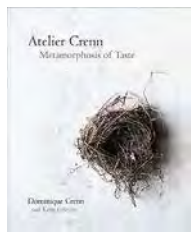
San Francisco Public Library



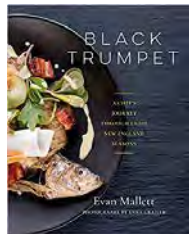
Main Library 100 Larkin St. (at Grove) (415) 557-4400 sfpl.org



An Invitation to Indian Cooking



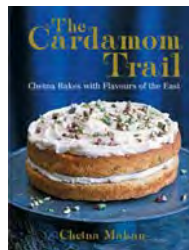
Atelier Crenn



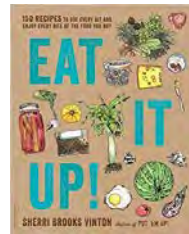
Black Trumpet



Brooklyn Rustic



The Cardamom Trail



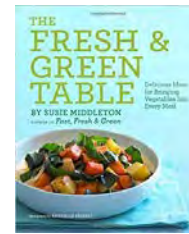
Eat It Up!



Edible



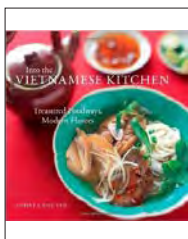
Flavors of Malaysia



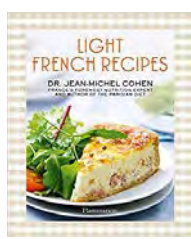
The Fresh & Green Table



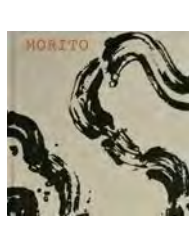
Hungry Girl Clean & Hungry



Into the Vietnamese Kitchen



Light French Recipes



Morito



My Tuscan Kitchen



Plant Food



Plenty More



Root to Leaf



Rose Water and Orange Blossoms



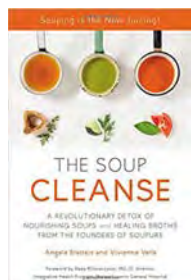
Savour Soups and Stews



Seven Spoons



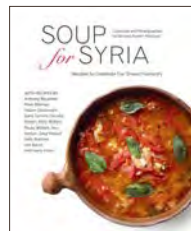
Simple Thai Food



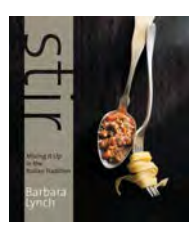
The Soup Cleanse



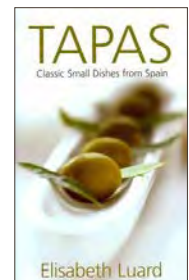
The Soup Club Cookbook



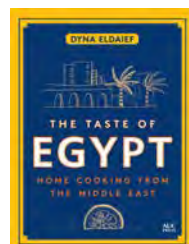
Soup for Syria



Stir



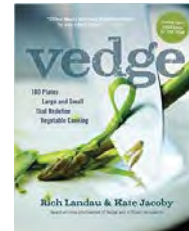
Tapas



The Taste of Egypt



Superfood Weeknight Meals



Vedge



Wild Spice

Roasted, baked, mashed, steamed, grilled—cauliflower is a nutritive powerhouse, offering vitamins C, B, K, from its hundreds of attractive varieties that can be found throughout the world.