WASTE LESS, TASTE MORE 041

Keep the Tender Cauliflower Leaves



LET THE WHOLE VEGETABLE CONTRIBUTE.

When trimming cauliflower for a dinner party, look at the leaves and core before discarding them. Sound, tender parts can join the dish in a different form.

1 Sort the usable parts

Keep tender inner leaves and suitable core pieces. Discard damaged parts and trim tough sections as needed.

Why: Different parts need different preparation.

2 Give each part an appropriate role

Use core pieces in a cooked purée or soup. Roast tender leaves separately, watching them closely.

Why: The leaves can cook much faster than thick pieces of core.

3 Bring the components together

Serve roasted florets over cauliflower purée and add a few roasted leaves as a finishing element.

Why: One vegetable can contribute contrasting shapes and textures.

KITCHEN NOTES

Prepare the leaves carefully

Wash and dry them before roasting, and trim thick ribs where necessary.

Season with restraint

Use complementary seasonings across the preparations.

Keep it easy to eat

A decorative leaf should also have a pleasant texture.

THE PLATING MINDSET

Build variety from the ingredient itself, giving each usable part a thoughtful purpose.