

CAULIFLOWER RICE

About Cauliflower Rice



Ingredients: To make basic cauliflower rice, you will need:

1 Head of cauliflower

1 TBSP Olive Oil

Seasonings of Choice/To Taste (for example)

- Salt,
- Pepper
- Gomashio
- Red Pepper Flakes
- Parsley
- Cilantro
- Seasoning Mix

Cauliflower rice is basically cauliflower pulsed in a food processor or blender into granules that are about the size of rice. Alternatively, the cauliflower can be shredded with a box grater. If you are pressed for time, no need to make your own. Cauliflower rice can be found pre-riced in the produce section of most grocery stores or packaged in the frozen vegetable section.

The taste and texture are not exactly like white or brown rice, but the neutral undertones of cauliflower make it very versatile, and it is easy to add different seasonings to transform the taste.

When lightly cooked, the "rice" becomes softer and more tender, and it can be served just like rice as a side dish for curry, stir fry or beans. Or it can be a dish on its own such as "fried rice" or as a filling for tacos and burritos. There are lots of ways it can be cooked and enjoyed.

The simplest way to prepare basic cauliflower rice is to sauté it with some olive oil or butter, and season it with salt and pepper.

There are many ways to get fancier:

- Cauliflower Rice with Parsley and Splash of Lime
- Cauliflower Rice with Sautéed Onions
- Vegetable Cauliflower Rice Bowl
- Confetti Cauliflower Rice

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PREP THE CAULIFLOWER RICE

Cut a head of cauliflower in half, and then in quarters. Then trim the core from each of the quarters. Next break apart the the cauliflower into florets with your hands

1



Place cauliflower pieces into a food processor or blender such as a Vitamix. Don't fill more than 3/4 full and if necessary process in 2 batches. Process cauliflower in 1-2 second pulses until broken down into "rice" sized pieces. If there are large pieces, remove and process separately. (Be careful, you don't want tp "puree" the cauliflower into mush!)

***Another option is to "rice" the cauliflower using a box grater with medium sized holes - either way is fine

2



Next, proceed to the "pre-cooking" option on the following page,
or skip the pre-cooking and go to Step #3.

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COOK THE CAULIFLOWER RICE

OPTIONAL: My process is to very slightly pre-cook the cauliflower before sautéing it. This is a preference. If you are in a hurry, you can skip this step. (or maybe try it once to see if you like the results) The idea is NOT to fully cook the cauliflower at this point, but to get it a little bit soft . I have found this helps so that you don't have to under-cook or over-cook it in the "sauté" step of cooking. (you don't want the finished dish to be too crunchy or too "mushy").

To Pre-Cook: Place cauliflower rice in a microwave safe bowl, sprinkle it with a little water and placed a paper towel, paper plate or other microwave safe cover over the bowl. Place the bowl in the microwave for 45 seconds to 1 minute. Remove bowl from microwave and proceed to Step #3. (NOTE: If you do not have a microwave, you can use a steam basket to steam for 1 minute.)

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Before you sauté the cauliflower rice, it is helpful to press any any excess moisture from the rice by transferring the cauliflower rice onto a paper towel or absorbent dish towel and gently squeezing/pressing to remove any remaining water. This ensures no excess moisture remains which can make your dish soggy.



To cook the cauliflower rice:

- Heat olive oil in a large pan over medium heat
- Add the cauliflower rice in one layer to the heated oil
- If you have NOT pre-cooked the cauliflower rice, then place a top on the pan and let the cauliflower cook for 1-2 minutes. Then stir and continue cooking for another 2-3 minutes. (until tender, not mushy). Then season as desired. (Ideas: salt, pepper, red pepper flakes, seasoning mix, parsley, cilantro)
- If you have pre-cooked the cauliflower rice, there is no need to place a top over the pan, just sauté and stir occasionally for 3-5 minutes and season.

Enjoy the cauliflower rice as a side dish, as a base for stir-fries and rice bowls or as a filling for things like burritos or tacos. Or you can make it fancier by adding other ingredients and flavors. Below are some ideas of dishes to try.

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CAULIFLOWER RICE DISHES



Cauliflower Rice with Parsley & Lime Juice
(Cook rice, season, add some parsley and sprinkle with lime juice. (if you are a cilantro fan, use instead of parsley)



"Cauliflower Rice with Sautéed Onions
(Sauté onions until slightly browned and sweet. Season onions while they are cooking with Ponzu or Tamari sauce. Stir cooked onions into "rice". Add spices of choice. For this dish I added "Everything Bagel Spice"



Cauliflower Rice Chicken/Vegetable Bowl
(Sauté vegetables, shred pre-cooked roasted chicken, arrange veggies and chicken in bowl over seasoned rice. For this dish I mixed some peanut sauce into the shredded chicken)



Confetti Cauliflower Rice (Saute vegetables, mix into "rice", stir Gomashio into the Rice and top with sunflower seeds)