

Families:

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. Watch the Family Meal video for the lesson as a family.
2. Make the recipe as a family.
3. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
4. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!



Pilot Light Family Meal Lesson

Cauliflower Soup

**+ Grades 7 - 8 Common Core English Language Arts
Informational Text - Integration of Knowledge and Ideas**

Suggested Recipe Age Range: 7 and up with adult supervision

Recipe by Chef Carla Norelli

Cauliflower Soup - yields 3 quarts

Ingredients:

- 1 head cauliflower
- 2 bags frozen cauliflower
- 1 medium white or yellow onion
- 4 cloves garlic 2 tablespoons dehydrated garlic
- 2 tablespoons dehydrated onion
- 1 cup potato tots (or one large potato, peeled and boiled until soft)
- 4 cups vegetable stock (can also use chicken stock or broth)
- 1 cup milk (can omit entirely or use unsweetened almond, soy or cashew milk)
- Olive oil, salt and pepper to taste

**Materials:**

- Oven or toaster oven
- Stove top or electric skillet
- 2 sheet trays
- Large soup pot
- Knife
- Spatula or large spoon

- Blender- stick blender, countertop blender, hand-held mixer or even a potato masher or whisk
- Measuring cups and spoons

Directions:

1. Pre-heat oven to 425 degrees.
2. Remove the leaves from the head of cauliflower and cut or break into florets. The entire head, including stems, will be used. Wash the florets, drain and place in a large bowl.
3. Coat the florets with about 2 tablespoons of olive oil, and then add 1 tablespoon each of the dehydrated garlic and onion. Season with salt and pepper and toss to coat. Turn the raw cauliflower out onto a sheet tray. Using the same bowl, now add the frozen cauliflower, the remainder of the dehydrated onion and garlic, 2 tablespoons of olive oil and season with salt and pepper. Toss to coat. Turn this cauliflower out onto a second sheet tray. *recipe can be made with all fresh or all frozen cauliflower instead of both
4. Peel the onion and discard the skin. Chop roughly into large chunks and add to the sheet tray with the fresh cauliflower. Pop the skins off of the garlic cloves using the side of your knife and add those to the fresh cauliflower.
5. Place both sheet trays into the oven and allow to roast until softened and browned, about 25-30 minutes. Stir once or twice during the process to ensure even browning. The fresh cauliflower will brown much more quickly than the frozen, which may have to be left in a little longer. During the last 5-10 minutes of cooking, add the potato tots to the oven just to heat through.
6. Remove everything from the oven and scrape everything into a large soup pot over a medium heat on the stove top. Add the milk and about 3 cups of the stock- reserve some to add if soup is too thick. Allow to simmer for about 5 minutes until everything is tender and ready to blend.
7. Using a stick blender or traditional blender, begin blending soup and continue until a thick, creamy consistency is reached, adding a little stock if necessary. You could use a hand blender with the whisk attachments if that is what you have, or a potato masher for a rustic and chunky texture.
8. Taste and adjust salt and pepper if needed. This soup can be topped with a variety of toppings such as olive oil, croutons, bread crumbs, scallions or even cheese. Enjoy!

Common Core Connections:

Now Trending: Cauliflower

In this lesson, students will look deeper into the cauliflower that makes up this soup, learning about how cauliflower is enjoying a current moment of popularity. By reading Mahita Gajanan's article in *Time*, students will evaluate what has caused cauliflower's recent rise to the 'it' crowd of vegetables.

Grades 7-8

RI 7.8 Trace and evaluate the argument and specific claims in a text, assessing whether the reasoning is sound and the evidence is relevant and sufficient to support the claims

RI 8.8 Delineate and evaluate the argument and specific claims in a text, assessing whether the reasoning is sound and the evidence is relevant and sufficient; recognize when irrelevant evidence is introduced

What does this mean?

Students will read an informational text and determine what argument the author is making about cauliflower and evaluate whether the author backs up that claim with enough evidence.

What does this look like?

Materials needed:

- The article “Why Cauliflower Is the New ‘It’ Vegetable” from *Time*
- Graphic organizer paired to the article

Directions:

1. Read the article.
2. Answer the questions at the end of the article.

Why Cauliflower Is the New 'It' Vegetable

By Mahita Gajanan for *Time* (<https://time.com/4845148/cauliflower-rice-menu/>)
JULY 14, 2017

Cauliflower used to be a boring vegetable. When chef Eric Ripert was growing up in France, he saw it as something to buy only when “there was nothing else on the shelf.” Typically perceived as the less colorful, less delicious cousin of broccoli, cauliflower was usually boiled and served plain, as an uninspiring side dish.

That reputation couldn’t be more different today. You can now find the once humble veggie roasted and served like a steak at the Mexican restaurant La Condesa in Austin, or sliced into a sandwich along with eggplant at Bocado in Atlanta. At Le Bernardin, a Michelin-starred French seafood restaurant in New York City, executive chef Ripert thinly carves it and serves it raw as a garnish atop crab cakes.

“Today we see it everywhere,” he says.

Driven by carbo-adverse consumers’ desire for a healthy alternative to white rice and gluten-filled grains, demand for cauliflower has grown steadily over the past few years. U.S. farmers sold \$390 million worth of cauliflower in 2016, a steep climb from 2012, when \$239 million in cauliflower was sold (and a slight drop from the \$402 million in cauliflower sold in 2015, largely due to California’s drought, which hit farms in the state). Grocery stores and vegetable suppliers have taken note of the demand, expanding their lines to include more inventive products, from cauliflower pizza crust to cauliflower tots. Hottest of all is cauliflower “rice,” a grainy substance made by pulsing cauliflower florets in a food processor and lightly cooking the pieces in oil.

Last summer, Whole Foods introduced a 365-branded cauliflower rice to its freezer section. It now ranks at No. 4 in the store’s top 10 frozen vegetables, a list that previously was limited to mainstays

like broccoli, peas and spinach, says Jenna Layden, senior buyer for the private label brand at Whole Foods.

Cauliflower rice is so popular at Trader Joe's that the grocery chain recently began enforcing a two-bag limit per customer, rationing it so that there's enough to go around. When manufacturer B&G acquired Green Giant in 2015, the company immediately expanded its cauliflower line to include three types of cauliflower rice, increasing the amount of the vegetable harvested every week from 5 acres to 35 acres, according to Green Giant VP and general manager Jordan Greenberg.

The versatility of cauliflower has boosted its popularity. It can be mashed and buttered like potatoes, sautéed in spices for a curry or tossed in buffalo sauce and fried to make meatless chicken wings. The more home cooks learn about the creative ways they can prepare cauliflower, the more we're seeing it on the dinner plate — in a phenomenon similar to Brussels sprouts' growth about four years ago, says Michael Solmonov, the chef at Zahav, an Israeli restaurant in Philadelphia.

“Back in the day before people caramelized Brussels sprouts, it was synonymous with things people wouldn't eat,” Solmonov says. “Cauliflower was something people boiled or blanched and shocked and reheated with butter. I don't have anything against boiling vegetables, but that's not the way you get people excited about it. Roasting...it is exciting.”

That excitement has catapulted cauliflower to entree status for some “veg-forward” chefs who aim to make vegetables, instead of meat, the center of a meal. At abcV, a vegetarian restaurant in New York City, cauliflower comes roasted whole, served with a steak knife, chef Neal Harden says.

“It's really like the roast in the middle of the table, kind of like how animal proteins would be,” Harden says. “We're trying to take vegetables that people might have thought were boring and do something a little different with them.”

Cauliflower's allure can partly be traced to recent low-carb dietary trends.

Cauliflower rice contains less than one-eighth the calories of white or brown rice and about one-ninth the carbs. Instead, it's packed with vitamins C, K and B6 and folate. One small head of cauliflower has more than 125 mg of vitamin C — nearly twice as much as a medium orange.

Cauliflower also fits into a recent trend of old-fashioned vegetables gaining new traction as more people gravitate toward plant-based foods, chefs say. Gina Nucci, director of corporate marketing at Mann's Packing, a fresh vegetable supplier, points to the recent popularity of beets as an example of “trying to bring back what's old.” And of course kale, once an afterthought in the vegetable aisle, has enjoyed huge popularity recently in the food world. Nucci sees kohlrabi as the next under-appreciated veggie to be rediscovered.

Ripert, who created his own recipe for cauliflower couscous, which he posted on his website, is placing his bets for the next trendy vegetable on leeks. “The next vegetable is something we use now probably, that we forgot about, but will come back,” he says.

Reading Guide for “Why Cauliflower is the New ‘It’ Vegetable”

1. List two quotes that show how cauliflower used to be thought of before its recent rise to popularity.

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2. List three ways that cauliflower is being used currently on restaurant menus.

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3. What is a reason that customers are flocking to cauliflower now?

4. List a quote that proves how popular cauliflower is currently.

5. Referring back to your last answer, explain how that quote serves as proof of cauliflower’s popularity.

6. The article argues that cauliflower is “versatile.” List two of the inventive ways chefs are using it.

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7. List three quotes that show the nutritional value of cauliflower.

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8. Thinking of the article as a whole, what are three main reasons that the author argues cauliflower is popular? List the reason in the chart and a quote that supports your claim.

REASON CAULIFLOWER IS POPULAR	TEXTUAL EVIDENCE

Family Discussion Questions:

Families/children could discuss or write about:

- After eating your delicious soup, what other selling points do you think cauliflower has that may not be mentioned in the article?
- What other vegetables that are discussed in the article have you tried? Which ones do you want to try that you haven't?
- What vegetables do you think should be more popular than they are?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Make up a commercial or ad for a vegetable that you think should be more popular than it is. List and describe all of the vegetable's selling points (flavor, texture, uses, etc.)
- Write a poem or diary entry from the perspective of either 1) a very popular vegetable or 2) a very misunderstood vegetable. What does the vegetable think and feel about how the world sees it? Does it feel deserving of people's opinions?
- Research beets or leeks, the two vegetables mentioned at the end of the article as being, potentially, the next "it" vegetable.

This original Family Lesson was written by Pilot Light Food Education Fellow, Leah Guenther.