

# CAULIFLOWER - PREPPED

9/18/2024

**YIELD: 4lb. 12wz. (6 1/3 portions)**

**SHELF LIFE: 3 days**

**EQUIPMENT: Gloves, cutting board, chef's knife, scale, portion bags**

## AMOUNTS

## INGREDIENTS

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**2 each Cauliflower Heads (Average 5lb. 14wz.)**

## PROCEDURE

**\*\*\*Watch videos for cutting procedure\*\*\***

1. Place the cauliflower head with the crown side down, the stem side up, and cut the head in half through the core.
2. Cut the root off of the cauliflower head, removing the green leafs, ensuring that the core is still intact.
3. Lay one half of the head cut side down, cut the rounded end off, then cut into 1" wide slabs until you get to the other rounded end.
4. Lay the flat side down of the 1" slabs, and cut into 1" wide florets so that each floret has a piece of the core intact to achieve long spears.  
**NOTE: It is acceptable to have some fall off, as long as the fall off meets the size requirements pictured below.**
5. Lay the rounded ends flat side down, and cut into 1" wide florets so that each floret has a piece of the core intact.
6. Repeat steps 3 - 5 for the other half of the cauliflower head.
7. Weigh and portion the florets into 12wz bags.
8. Label, Date, and Rotate.



**C:** Off White

**T:** Firm, crumble to the touch; not moist.

**F/A:** Mild/ neutral

**HR:** 12wz quart containers w/ lids; Refrigerated

**SL:** 3 days