

STEAMED CAULIFLOWER.



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Steamed Cauliflower

Diet Recipes, Food Blog.

Steamed Cauliflower food recipe is easy to cook and nutritious to eat. It takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Hopefully, viewers like it. We look forward for your comments and suggestion. For latest and regular updates, enroll us on our [newsletter](#). For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Health Benefits of Eating Cauliflower

1. Steamed Cauliflower is quite healthy diet Recipe.
2. It is low in carbohydrate and fats. Helps improving digestion and lose weight.
3. Cauliflower contains many [nutrients](#). Like Vitamin A, Vitamin E, Vitamin B5, Vitamin B6.
4. It is high in Fiber, manganese, folate, zinc and good source of [antioxidants](#).

Best Cooking method of Cauliflower



Cooking Ingredients:

- 250 gm chopped and [*blanched*](#) Cauliflower.
- 2 finely chopped green chili.
- 1 potato diced and blanched.
- 2 tomatoes diced.
- 4-6 finely chopped garlic strands.
- 1 teaspoon salt. (Add as per taste)
- 1/2 teaspoon crushed whole pepper.
- 1 teaspoon turmeric powder.
- 1 teaspoon cumin powder.
- 1 teaspoon coriander powder.
- 1 teaspoon white sesame Dry Fruit.

Steaming Cooking Method:

1. Add mix of cauliflower, green chilli, potato, tomatoes, salt and turmeric to steamer. (preheat steamer with water filled)
2. Sprinkle water, steam Cauliflower on low flame at 100 C for 15-20 minutes. It turns tender and soft.
3. Add 1-2 spoons of cooking oil in pan. Cook on low flame.
4. 1 teaspoon cumin powder, coriander powder, sesame seeds and 4-6 garlic.
5. Add steamed cauliflower mix to oil filled pan. Mix well.
6. Add 1/2 teaspoon of crushed whole pepper and roast on medium flame for 2-3 minutes.
7. Serve hot to 2-3 people with Roti or chapati.

Does Steaming Vegetables remove Nutrients.

In steaming cooking technique, water is boiled in closed container to form steam. Food is cooked in steam. It is kept on tray within container.



1. Food is cooked in less oil.
2. It retains vitamins and minerals.
3. Preserves flavor, texture and color of food.

Easy Cooking Tips for Beginners

- Chop cauliflower and potato in small dices.
- Clean and blanch cauliflower and potato for 3-4 min in boiling water adding salt.
- Add 1-2 glasses of water to steamer.
- Pre-heat steamer before starting to cook recipe.
- Maintain temperature from low to medium heat cooking food in steamer.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss