



Frozen Cauliflower Florets

Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

Detail Introduction :

Serving Size	1 Cup (85g)
Amount per serving	
	% Daily Value*
Total Carbohydrate	1%

Is cauliflower good frozen?

Freezing is the best way to preserve cauliflower. It doesn't dehydrate well, and it will lose nutrients and get mushy if you pressure can it. However, you don't want to just pop it into a zip-close bag and toss it into the freezer; you will end up with clumps of frozen cauliflower that will be soggy and flavorless.

How to roast frozen cauliflower?

Your very first step is to preheat your oven. You want it set to 400°F - so that's a hot oven, but not super-hot. This is a good temperature for slowly caramelizing the outside of the vegetable while making the inside nice and tender, almost buttery.

Next, scatter the florets over a parchment-lined, olive-oil-coated rimmed baking sheet. Spray the florets with oil and season them with the spices.

Bake the cauliflower until it's golden brown. In my oven, this takes 45-50 minutes. I would start checking after 40 minutes just in case.