

A cheesy twist for cauliflower

By Susie Iventosch



Roasted and stuffed cauliflower

Photo Susie Iventosch

I was looking for a new and interesting way to serve cauliflower and came across a recipe on the Food Network that looked amazing! It called for stuffing the cauliflower with a cheesy mixture and then coating it with a panko crust before baking. I've now seen this done with many different kinds of fillings, from Middle Eastern flavors such as garam masala to ground meats like beef or turkey. You can even roast the whole head of cauliflower with no filling at all, just using an herb and panko crust for a crunchy outside edge. We decided to stuff ours with a sharp cheddar-arugula filling and it turned out great, but you could easily use spinach or meat, along with your favorite cheese. When you get ready to stuff the cauliflower, it is best to have a pastry bag on hand. I tried using a large plastic baggie, but it broke at the seam part way through, and I had to resort to hand-stuffing with a small spoon and my fingers. I didn't want to use my only pastry bag, because I use it to frost cupcakes and didn't want the onion

flavor to infiltrate my next batch of frosting. But, I will definitely buy an extra pastry bag for savory occasions such as this.



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

Whole Cauliflower Roasted and Stuffed

INGREDIENTS

1 whole head of cauliflower, white, orange or purple

Filling

2 Tbsp. olive oil

1 small yellow onion, finely chopped

1 large shallot, finely chopped

1 clove garlic, minced

5 ounces (approximately) arugula, finely chopped

4 slices of turkey bacon (or regular bacon) cooked and cut into small pieces

2 eggs

1 ½ cups grated sharp white cheddar cheese

¼ cup Half & Half or milk

½ cup panko

½ tsp. salt

1 tsp. black pepper

Crust

Mix together:

½ cup freshly grated Parmesan

¼ cup panko

4 Tbsp. melted butter

DIRECTIONS

Prepare cauliflower by removing all the leaves (including carefully removing inner leaves) and enough of the stem to make the bottom of the head of cauliflower flat enough to sit on a baking tray. When the cauliflower is turned upside down, you will see all kinds of nooks and crannies, into which you will pipe the filling. Be careful not to break any of the florets or stems as you clear off the leaves.

Bring a large pot of water to a boil and cook the entire head of cauliflower for 8 minutes. This is just a partial cooking, so be sure not to cook all the way through. The timing may vary depending upon the size of your cauliflower. Remove from water, drain and cool. Set aside.

Meanwhile, heat olive oil in frying pan and cook onions, shallots and garlic until translucent. Add chopped arugula and continue to cook until arugula is wilted. Remove from heat and cool for about 5 minutes. Transfer the onion mixture to a mixing bowl. Add remaining filling ingredients and mix well.

Place the filling mixture into a pastry bag, fitted with a wide tip. You can also just use the coupler and the regular bag opening, to squeeze the filling into the cauliflower. If you do not have a pastry bag, then you can stuff the cauliflower using a small spoon and your fingers, pushing the filling deep in between the florets and reaching the center and beyond, toward the top of the cauliflower.

Once all of the filling has been used, turn the cauliflower right side up on a greased baking sheet. Now, using your hands, pat the crust mixture all around the cauliflower to make a nice coating all the way around, except the bottom.

Bake at 400 F for approximately 30 to 35 minutes, until crust is golden brown and a knife inserts easily into the cauliflower. Slice in wedges and serve hot!

Dog Flu in the Bay Area

By Mona Miller, DVM

Just a few months ago, Canine Influenza Virus hit Northern California with intensity, causing 413 positive cases to be identified before Valentine's Day, ranging from the San Francisco Bay Area to Reno, Nevada. This created a flurry of activity among veterinarians, pet owners, kennel/boarder facilities and groomers – all seeking more information and quick vaccinations for susceptible dogs. This virus is most likely here to stay, and those with dogs in "air space contact" with other dogs should seek vaccination.

There are two strains of CIV: H3N2 is the strain in California, and the other is H3N8. Strain H3N2 originated as an avian flu virus, first detected in South Korea in 2007. It was identified in Chicago in April 2015, and it is unknown how it was introduced into the U.S. While this has been reported to infect cats, it is a dog-only flu disease. The other strain, H3N8, originated in horses, and was identified in 2004 in Florida greyhounds. This is also considered a dog-specific virus – meaning that it does not infect other species.

According to Merck Animal Health, as of 2018, only two states in the continental U.S. have not reported CIV, along with Alaska and Hawaii. Compare this to 2013, when 15 states total did not have any reports, and to 2008 when 35 states had not reported its prevalence. In 2007, only Florida and Tennessee had reports of CIV present.

It appears that there are some significant differences between CIV and human H3N2 flu viruses. The two biggest differences is that CIV does not appear to be a seasonal problem, and that CIV mutation doesn't appear to be at a rapid rate, so the CIV vaccine is stable and protective from one year to the next.

Nowadays, some dogs travel to a variety of geographic locations – whether it's from relocation after natural disasters (think of wildfires and hurricanes, during which pets get lost and then picked up by rescue organizations); or from traveling across county or state lines for vacation or dog shows. There is no question that the potential for spreading disease increases with travel movement, and in my opinion, this is the most likely manner that these virus strains enter local areas.

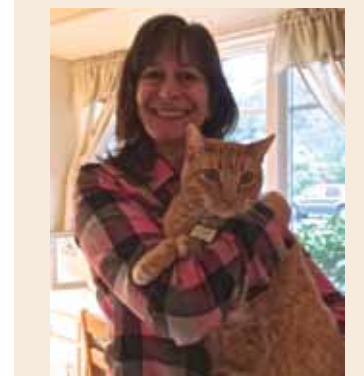
Dog in "same air space contact" as other dogs are at risk for spreading and getting CIV, as well as other respiratory infections. I use this phrase to identify situations in which one dog might cough, sneeze or have contact with another through saliva or eye discharge. My specific categories include kennel or boarding facilities, grooming parlors, doggy day care, dog parks, agility or other dog group activities (including parades), dog shows, and dog walkers who take multiple dogs. There is a growing trend for individuals to offer dog boarding in their private homes – I counsel my clients to realize that this is a type of "kennel" or boarding facility in that multiple dogs are together in the same room or backyard. Indirect contact can occur if your dog is in contact with a friend's dog that goes to the kennel, grooming parlor, etc., even if your dog doesn't.

Like most human flu cases, most canine cases will be mild to moderate in severity. However, comparable to human flu, there will be some dogs who will develop high fevers, pneumonia, and may die. Incubation period is two to four days between exposure and developing clinical signs. Symptoms include cough, sneeze, eye or nose discharge, lethargy, fever, not eating, and possibly vomiting. Di-

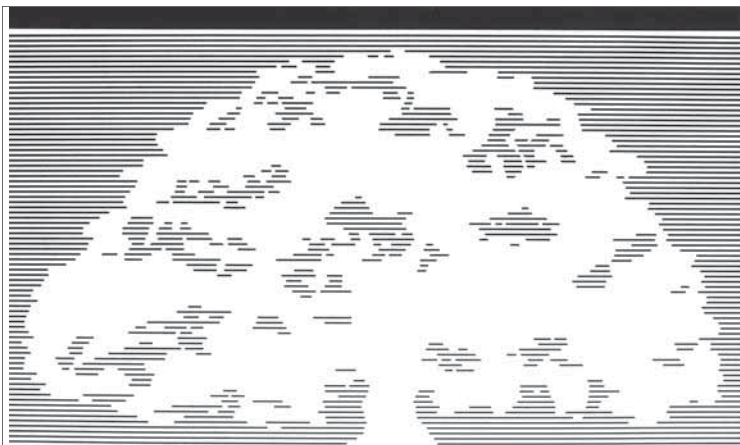
agnosis is made with specific laboratory tests acquired from oral and conjunctival swabs. Treatment is supportive care, based on the level of symptoms. Isolation from other dogs is necessary for up to three weeks after signs resolve, in order to prevent further spread.

For this disease, prevention is key, through proper vaccination of dogs at risk. In my opinion, it's best to vaccinate for both strains of CIV – and most veterinarians carry (or can order) the "bivalent" vaccine that has both strains in it. Initially, the dog should receive two vaccines at two to four weeks apart, and then be maintained with an annual booster. The vaccine has minimal negative side effects, and is considered highly protective. If your dog is at risk as described above, ask your veterinarian about vaccination.

Further information can be found at the following websites: cvma.net, dogflu.com, and veterinarypartner.com.



Dr. Mona Miller lives in Lafayette with her son, two cats and yellow Labrador. She attended UC Berkeley as an undergraduate, and received her DVM from UC Davis. She has been happy to call Lafayette home since 2001. She can be reached via email at MonaSDVM@aol.com. She welcomes questions from readers that may get incorporated into a column.



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