

Cauliflower with cheese



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This recipe is available for:

- Convotherm mini

Accessories:

- 1/1 GN Granite enameled tray, 60 mm deep, 3013030

PROFILE

- Chilled 4°C
- 2 Portions
- From Raw

Steam

00:15 | -

2

Stage 1
100 °C

Combi-steam

00:25 | -

Stage 2
160 °C

RECIPE

Ingredients

1	pcs	Cauliflower, fresh
1	tbs	Butter
20	g	Flour
250	g	Cauliflower Stovk
1	pcs	Eggyolk
5	tbs	Cream
120	g	Cheese, grated
1	pinch	Salt
1	pinch	Pepper
1	pinch	Nutmeg

1. Food Preparation

Prepare the cauliflower and place it on a granite enameled tray. Steam in the oven for about 15 minutes until firm to the bite. Melt the butter and prepare a roux with the flour. Pour 250 ml of the cauliflower stock and simmer gently until the flour taste is gone, season. Make a liaison with the cream and the egg yolk and add.

2. Cooking Instruction

Pour the sauce over the cauliflower and sprinkle with cheese. bake the whole thing in the Convotherm for about 25 minutes.

3. Food Serving Instruction

Cauliflower au gratin can be served with boiled potatoes together as a vegetarian dish or as a vegetable side dish. Depending on the taste and side dishes, the type of cheese can be varied.