


Cauliflower cheese

Cuisine: English
Food category: Vegetarian dishes



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Company: Retigo





Program steps


Preheating:

99 °C


1


 Steaming


 Termination by time

 00:06

hh:mm


 99 °C


 50 %





2

transfer the cauliflower onto a Vision pan and add the rest of prepared ingredients


 Hot air


 75 %


 Termination by time

 00:20

hh:mm

 175 °C

 100 %



Ingredients - number of portions - 4

| Name | Value | Unit |
|-----------------------------|-------|------|
| cauliflower | 1 | pcs |
| butter | 40 | g |
| plain wheat flour | 40 | g |
| milk 3.5% | 400 | g |
| English mustard | 5 | g |
| cheddar cheese | 100 | g |
| salt | 1 | g |
| ground black pepper, ground | 1 | g |

Nutrition and allergens

Allergens: 1, 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 282.6 kJ |
| Carbohydrate | 12.8 g |
| Fat | 21.4 g |
| Protein | 10.6 g |
| Water | 0 g |

Directions

Set the Retigo combi oven on steam mode 99°C, 6 minutes. Wash the cauliflower thoroughly and place it onto Vision frit and steam it.

To make the sauce, melt the butter in a heavy-based saucepan and stir in the flour. Cook over a gentle heat for 1 minute. Remove the pan from the heat and gradually add the milk, a little at a time, stirring well between each addition. Return the pan to a medium heat and bring the mixture to the boil, stirring constantly. Simmer for 2 minutes, then remove from the heat. Stir in the mustard and two thirds of the cheese and set aside.

Arrange the cauliflower in a Vision pan. Carefully pour over the sauce, ensuring the cauliflower is completely covered. Scatter over the remaining cheese and bake for 20 minutes on hot air mode 75%, until the top is golden brown and bubbling.

Recommended accessories



Vision Pan