

Cauliflower cheese

Cuisine: **English**

Food category: **Vegetarian dishes**



Author: **Jaroslav Mikoška**

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 soft	40	g
plain wheat flour	40	g
milk 3.5%	400	g
English mustard	5	g
cheddar cheese	100	g
salt	1	g
freshly 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.



Vision Pan