

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
head cauliflower, broken into large florets	1	pcs
butter	40	g
plain flour	40	g
milk	400	g
english mustard	5	g
mature cheddar, grated	100	g
salt	1	g
black pepper freshly ground	1	g

Directions

Set the Retigo combi oven on steam mode 99C, 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