

# 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