Roasted baby cauliflowers with polonaise and Venere risotto

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制备过程	45 分钟
烘烤的时间：烘烤时间取决于机器	25 分钟
份	4
电器	Combair-Steam SL 自 2015 年

Baby cauliflowers

将发酵桶预加热 热风+清蒸 到 **210°C**

4 baby cauliflowers

Discard the green leaves, place the baby cauliflowers on the lined baking tray and put into the preheated cooking space. Cook.

放入食物

在 热风+清蒸 期间为 **210 25** 分钟°C

Take the cauliflower out of the cooking space and sprinkle the polonaise on top. Serve with the venere rice.

Venere risotto

1 shallot

Olive oil

200 g venere rice (wholegrain black rice)

Salt

75 g butter

Finely chop the shallot and sweat in olive oil. Add the rice and prepare according to the instructions on the packet.

Immediately before serving, stir in the butter, then arrange on the plates.

Polonaise

4 tbsp butter

6 tbsp Japanese panko breadcrumbs

½ egg, hard-boiled

1 tbsp parsley, chopped

Salt

Shell and chop the egg. Heat the butter in a pan, add the Japanese panko breadcrumbs and roast until golden-brown. Add the chopped egg and parsley at the end. Season to taste.

小费

The cauliflower can also be served with salted nut butter or tahini.

配件

Baking tray

附加信息

创建时间	11.12.2019