



Roasted baby cauliflowers with polonaise and Venere risotto

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 4

Baby cauliflowers

4 baby cauliflowers

(For)varm ovnrummet til 210°C i Varmluft med damp

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

Sæt retten ind

Varmluft med damp 210°C i 25 Min.

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.

Tips

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

Tilbehør

Baking tray

Yderligere oplysninger

Oprettet den

12.04.2023

