



# Roasted baby cauliflowers with polonaise and Venere risotto

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Portions 4

## Baby cauliflowers

**(Pre-)heat cooking space to 210 °C with Hot air + steaming**

4 baby cauliflowers

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

**Put the food in**

**Hot air + steaming 210 °C for 25 Mins**

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

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

## Accessories

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Baking tray

## Additional information

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