Cauliflower nuggets

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Cooking time	30 Mins
מנות	4
התקן	CombairSteamer V2000 from 2021

with potato wedges and truffle mayonnaise

Cauliflower nuggets

3 eggs

60 g white flour

2 tbsp grated Parmesan

1 tsp salt

Some pepper

100 g breadcrumbs

1 large head of cauliflower (about 800 g)

Potato wedges

800 g waxy potatoes

3 tbsp olive oil

Some salt

Some pepper

Truffle mayonnaise

50 ml milk

½ tsp mustard

½ tsp salt

100 ml sunflower oil

1 tbsp truffle oil

1 tsp black truffle, chopped

1 tsp lemon juice

Cauliflower nuggets

Mix the ingredients up to and including the pepper to form a batter in one bowl and in a second bowl put the breadcrumbs.

Trim the leaves off the cauliflower and cut the head into florets. Immerse the florets in the batter so that they are completely coated. Roll each one in the breadcrumbs and place on a lined baking tray.

Potato wedges

Cut the potatoes into wedges and place on a lined baking tray. Drizzle with olive oil and season with salt and pepper.

Baking

Preheat the cooking space to 230 °C using the hot air with steaming mode.

Bake the potatoes in the bottom shelf position for 10 minutes.

Bake the cauliflower in the top shelf position with the potatoes for a further 20 minutes.

Truffle mayonnaise

Stir the milk, mustard and salt together in one bowl. In a second bowl, blend the sunflower oil and truffle oil together. Add the sunflower and truffle oil to the milk, initially drop by drop and then in a slow, thin stream, whisking constantly, until the mixture has the consistency of a thicker mayonnaise. Incorporate the truffle and sharpen with lemon juice to taste.

Serving

Arrange the cauliflower nuggets and potato wedges on plates. Serve with mayonnaise.

Cooking steps

(Pre-)heat cooking space to 230 °C with Hot air + steaming

Preheating finished. Put the food in.

Hot air + steaming 230 °C for 10 Mins

Put any other food in. Continue baking.

Hot air + steaming 230 °C for 20 Mins

אביזרים

2 baking trays

מידע נוסף

הופק ביום	26.01.2022