Roasted baby cauliflowers with polonaise and Venere risotto

Recipe by V-ZUG Ltd.



Preparation	45 Mins
Cooking time	25 Mins
Portions	4
Appliance	Combair-Steam SL from 2015

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

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

Accessories

Baking tray

Additional information

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