



Roasted baby cauliflowers with polonaise and Venere risotto

Рецепт від V-ZUG AT



готування	45 хв
Час	25 хв
готування	
Порції	4
Прилад	Combair-Steam SL з 2015 року

Baby cauliflowers

4 baby cauliflowers

Розігріти робочу камеру до 210 °C Гаряче повітря + зволожуюча пара

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

Засунути страву для готування

Гаряче повітря + зволожуюча пара 210 °C протягом 25 хв

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.

Поради

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

Акcesуари

Baking tray

Додаткова інформація

Складено

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