


Cauliflower with Mushroom Sauce



eikon® e2s

 01:30





This recipe is available for:

- eikon® e2s HP (2000W)




Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)




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-  275 °C
-  Chilled 4°C
-  1 Portion
-  From Scratch

Stage 1

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-  10 %
-  100 %

Stage 2

-  01:15
-  80 %
-  100 %

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Ingredients

200	g	Oyster Mushrooms
100	g	Leek
20	ml	Olive Oil for cooking
1	tbs	Thyme chopped
1	tbs	Garlic chopped
100	ml	White Wine
500	ml	Cream 23%
1	pinch	Salt & Pepper
1	pinch	Nutmeg
180	g	Cauliflower
50	g	Butter
100	g	Panko
50	g	Parmesan finely grated
1	tsp	Green Oil
1	tsp	Red Oil

1. Food Preparation

For the mushroom sauce: Pull apart the oyster mushrooms, cut the leek and fry both in oil. Add thyme and garlic. Add white wine and reduce to half, add cream and reduce by 1/3. Season with salt, pepper and nutmeg to taste and keep aside until required. Remove the stalk of the cauliflower and wash it. Immerse in melted butter, evenly apply salt and pepper and immerse in a mixture of panko and parmesan. Place it on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray. Pour the sauce in the center of the plate, place the halved cauliflower on top and decorate with the red and green oil.