

# Cauliflower cheese

Cuisine: **English**  
Food category: **Vegetarian dishes**




Author: [Jaroslav Mikoška](#)  
Company: [Retigo](#)





Program steps


Preheating: 99 °C


1


 Steaming

 Termination by time

 00:06  
hh:mm


 99 °C


 50 %





2


transfer the cauliflower onto a Vision pan and add the rest of prepared ingredients


 Hot air


 75 %

 Termination by time

 00:20  
hh:mm

 175 °C

 100 %



Ingredients - number of portions - 4		
Name	Value	Unit
head cauliflower, broken into large florets	1	pcs
butter	40	g
plain flour	40	g
milk	400	g
english mustard	5	g
mature cheddar, grated	100	g
salt	1	g
black pepper freshly ground	1	g

Directions

Set the Retigo combi oven on steam mode 99C, 6 minutes. Wash the cauliflower thoroughly and place it onto Vision frit and steam it.

To make the sauce, melt the butter in a heavy-based saucepan and stir in the flour. Cook over a gentle heat for 1 minute. Remove the pan from the heat and gradually add the milk, a little at a time, stirring well between each addition. Return the pan to a medium heat and bring the mixture to the boil, stirring constantly. Simmer for 2 minutes, then remove from the heat. Stir in the mustard and two thirds of the cheese and set aside.

Arrange the cauliflower in a Vision pan. Carefully pour over the sauce, ensuring the cauliflower is completely covered. Scatter over the remaining cheese and bake for 20 minutes on hot air mode 75%, until the top is golden brown and bubbling.

## Recommended accessories



Vision Pan