

Sharp Steamwave Recipe

Cheesy Cauliflower in a White Sauce

INGREDIENTS

500g cauliflower, cut into uniform florets
Melted butter, to grease
½ cup white breadcrumbs
60g butter
2 tbs plain flour
2 cups of milk
½ cup grated tasty cheese
Cayenne pepper (to season)



INSTRUCTIONS

- Using a pastry brush, brush the inside of 4 x 10cm ramekins with melted butter, then coat lightly with the breadcrumbs.
- Place the cauliflower on the steam tray and then place this tray on top of the glass tray provided. Place in the Lower position. Fill the water tank and set the oven to STEAM HIGH > 25 MINUTES > START.
- After cooking is complete remove the trays, set aside and then wipe down the oven cavity.
- Place the butter into a large microwave safe glass bowl. Set the oven to MICROWAVE > 1 MINUTE > START.
- Add the flour to the butter, then set the oven to MICROWAVE x 2 (until 70P is displayed) > 1 MINUTE > START. Stir halfway through cooking.
- Gradually add the milk, stirring to ensure no lumps are formed. If the sauce becomes lumpy, mix with a whisk briskly. Set the oven to MICROWAVE > 5 MINUTES > MICROWAVE x 3 (until 50P is displayed) > 2 MINUTES > START. Stir every minute during the cooking procedure.
- Distribute the steamed cauliflower florets into four ramekins and then evenly pour over the white sauce to cover cauliflower.
- Cover with the grated cheese. Place the four ramekins onto the glass tray provided and into the Lower position. Set the oven to GRILL > 10 MINUTES > START. Cook until the cheese is melted and slightly browned.
- Sprinkle with cayenne pepper.

