

CRISPY CABBAGE IN CAULIFLOWER

No. of Pax. – 04

Baking Temperature – 190°C

Baking Time – 15minutes

Ingredients	Qty.	Protein	Fat	Carbohydrate
Brussels Sprout	150gms.	5.1	0.45	13.5
Small Whole Cauliflower	300gms.	5.7	0.9	15
Milk	200ml.	6.8	2	10
Corn Flour	30gms.	0.09	0.03	27.3
Butter	30gms.	Nil	24.3	Nil
Seasoning	As Reqd.	N/A	N/A	N/A
American Mustard	50ml.	2.18	2	2.67
Parmesan Cheese	75gms.	28.5	21.75	3.075
Cheddar Cheese	50gms.	12.2	16.5	0.65
Paprika Powder	To Sprinkle	N/A	N/A	N/A
Total		60.57	67.93	72.195

Total Nutritive Value - **200.695gms.**
Total Calorific Value - **1142.43kcal**
Total Calorific Value Per Person - **285.60kcal**

PROCEDURE

1. Make scoop of cauliflower keeping the cauliflower intact.
2. Blanch the whole scooped cauliflower for 1minute.
3. Blanch separately the brussels sprouts separately for 1minute
4. Place the brussels sprout placed in the scooped area of cauliflower
5. Sprinkle with salt and pepper on top of the cauliflower.
6. Prepare a smooth white sauce with milk, corn flour and butter.
7. Add grated cheddar cheese and American mustard in it and season well.
8. Coat the sauce thoroughly over the cauliflower.
9. Top it with grated parmesan cheese and bake.
10. Take out and serve as a portion for four.

Texture - Well crisp and cooked.

Colour - Mustard Yellow.