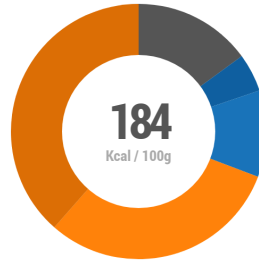


Cauliflower Soufflé

Classic soufflé, cauliflower, mustard, cheese, rich rarebit sauce

OVERVIEW ...



CALORIES:

15.8% Carbs

15% Protein

69.2% Fat

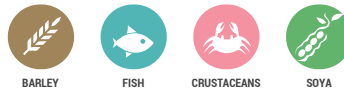
FOOD LABELLING...

Serves **4**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

10376 Cauliflower..

CAULIFLOWER FRESH DIRECT

BRAKES **200g**



Cooked by moi...

70219 Wholesome Farms Fresh Whole Milk..

MILK

BRAKES **300ml**

unchanged

74826 Brakes Unsalted Butter..

BUTTER

BRAKES **100g**



Fat fully incorp...

470703 Plain Flour.. - BRAKES

FLOUR

BRAKES **60g**

unchanged

152132 Flavours Hot Mustard Rarebit Topper.. - BRAKES

152132 HOT MUSTARD RAREBIT TOPPER

BRAKES **50g**

½ x Each

unchanged

16392 Brakes 18 British Free Range Fresh Medium Eggs.. - BRAKES

EGG

BRAKES **224g**

4x Each

unchanged

149914 Granarolo Grated Italian Hard Cheese..

GRATED ITALIAN HARD CHEESE

BRAKES **20g**

unchanged

2032 Brakes White Wine Vinegar..

WHITE WINE VINEGAR BRAKES

BRAKES 5ml

N/A

5946 Sysco Classic Cornflour (22 Aug 2023)..

CORN FLOUR

BRAKES 5g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 241g / 445kcal

1.0

SUSTAINABILITY & FOOTPRINT...

Component Grade Contribution

Food Production

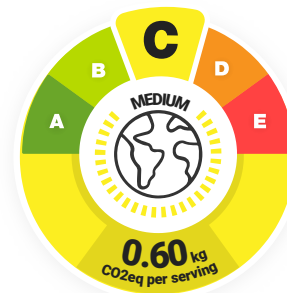
2.40kg

200g	10376 Cauliflower	A	0.06kg
300g	70219 Wholesome Farms Fresh Whole Milk	B	0.37kg
100g	74826 Brakes Unsalted Butter	D	0.90kg
60.0g	470703 Plain Flour	B	0.07kg
50.0g	152132 Flavours Hot Mustard Rarebit Topper	A	0.03kg
224g	16392 Brakes 18 British Free Range Fresh Medium Eggs	B	0.78kg
20.0g	149914 Granarolo Grated Italian Hard Cheese	D	0.18kg
5.00g	2032 Brakes White Wine Vinegar	B	0.01kg
5.00g	5946 Sysco Classic Cornflour (22 Aug 2023)	A	0.00kg

Water Usage

2216l

200g	10376 Cauliflower	1	57.0l
300g	70219 Wholesome Farms Fresh Whole Milk	4	480l
100g	74826 Brakes Unsalted Butter	7	555l
60.0g	470703 Plain Flour	4	111l
50.0g	152132 Flavours Hot Mustard Rarebit Topper	X	-
224g	16392 Brakes 18 British Free Range Fresh Medium Eggs	6	814l
20.0g	149914 Granarolo Grated Italian Hard Cheese	9	188l
5.00g	2032 Brakes White Wine Vinegar	X	-
5.00g	5946 Sysco Classic Cornflour (22 Aug 2023)	5	11.4l



foodprint



70% Data Quality Score

Your Transport & Packaging:

✓ 1 Serving 241g (serves 1.0)

METHOD

Preparation

- Roughly cut the cauliflower or cauliflower trimmings excluding the leaves

Method

1. Cook the cauliflower in the milk on a medium heat until the cauliflower is completely soft
2. Strain the cauliflower, reserving the milk
3. In a pan melt 60g of the butter and add the flour. Cook until a sandy consistency is formed
4. Gradually add the milk until a thick smooth white sauce is made
5. Take approx one third of the sauce and add the hot mustard rarebit. Continue to cook until you have smooth sauce. Thin with milk or cream if necessary and season to taste
6. Blitz the remaining sauce with the cauliflower with a stick blender until smooth. Season to taste
7. Set aside to cool
8. Meanwhile split the eggs ensuring no egg yolk contaminates the whites. Note the eggs are best used at room temperature for this recipe
9. Add the egg yolks to the cauliflower sauce. This can now be chilled and will keep for 3 days
10. Melt the remaining butter and grease 4 Ramekins. Next dust with the Bella Lodi cheese. Chill the dishes until required
11. Combine the White Wine vinegar with the cornflour
12. Add to the egg whites and whisk on the mixer in a clean metal bowl until peaks form
13. Take the chilled cauliflower sauce mix and add a little of the whipped egg whites to loosen the sauce
14. Carefully fold in the remaining whipped egg whites
15. Fill the lined ramekins. Flatten with a palette knife and run your pinched 1st finger and thumb around the rim of each ramekin
16. Bake for 10 mins in a 180°C pre-heated fan oven
17. Meanwhile heat up the Hot Mustard Rarebit Sauce
18. Serve the soufflé immediately with the sauce alongside. At the table make a hole in the centre top of the soufflé and pour in the sauce