

Cauliflower with bechamel sauce



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1 cauliflower
oil to grease the oven tray
2 tablespoons breadcrumbs

For the bechamel sauce:

500 ml unsweetened soy milk
5 tablespoons flour
5 tablespoons oil
2 tablespoons nutritional yeast
salt, pepper

Cut the cauliflower into florets, wash and cook in water with a little bit of salt. Drain.

Heat the oil in a saucepan, add the flour and fry for 1-2 minutes, stirring continuously. Add the soy milk (at the room temperature or slightly warmed), little by little, stirring continuu (to prevent lumps forming). Cook the sauce 2-3 minutes, turn the heat off, add the nutritional yeast, salt and pepper to taste. The sauce should not be too thin nor too thick.

Grease an oven tray with oil and coat it with breadcrumbs. Place the cauliflower florets and pour the sauce over, also between the cauliflower florets.

Bake in the oven until light brown (15-20 minutes).

Variation: Instead of cauliflower you can use potatoes.



Cauliflower with beschamel sauce