

**CAULIFLOWER PARMESAN**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
67 cal	8 g	5 g	2 g	5 mg	216 mg	130 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 ONIONS, FRESH, CHOPPED  
 MILK, NONFAT, DRY  
 WATER  
 FLOUR, WHEAT, GENERAL PURPOSE  
 WATER  
 CHEESE, PARMESAN, GRATED  
 CAULIFLOWER, FROZEN  
 WATER, BOILING  
 SALT

**Weight**

1/8 oz  
 1-3/8 lbs  
 7-1/4 oz  
 5-3/4 lbs  
 8-7/8 oz  
 2-1/8 lbs  
 1-1/3 lbs  
 24 lbs  
 16-3/4 lbs  
 5/8 oz

**Measure**

1/8 tsp  
 1 qts  
 3 cup  
 2 qts 3 cup  
 2 cup  
 1 qts  
 1 qts 2 cup  
 2 gal  
 1 tbsp

**Issue**

1-5/8 lbs

**Method**

- 1 Spray steam-jacketed kettle or stock pot with cooking spray. Add onions; stir well; cover; cook 5 to 7 minutes or until tender.
- 2 Reconstitute milk; add to onions in steam-jacketed kettle or stock pot. Heat to just below boiling. Do not boil.
- 3 Blend flour with water using wire whip to form slurry; stir until smooth.
- 4 Add slurry to milk mixture gradually, stirring constantly. Simmer 8 to 10 minutes or until thickened.
- 5 Add cheese; bring to a simmer, stirring until smooth. Do not boil.
- 6 Prepare cauliflower. Drain; place about 5-1/2 pounds cauliflower in each steam table pan.
- 7 Pour about 4-3/4 cups sauce over cauliflower in each pan. Using a convection oven, bake at 325 F. for 20 minutes on high fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.