

CAULIFLOWER AU GRATIN

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
125 cal	9 g	5 g	8 g	23 mg	226 mg	105 mg

Ingredient

CAULIFLOWER,FROZEN
 SALT
 WATER,BOILING
 MILK,NONFAT,DRY
 WATER,WARM
 BUTTER,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 CHEESE,CHEDDAR,SHREDDED
 PEPPER,WHITE,GROUND
 BREADCRUMBS,DRY,GROUND,FINE
 BUTTER,MELTED

Weight

20 lbs
 5/8 oz
 25-1/8 lbs
 8-3/4 oz
 9-3/8 lbs
 1 lbs
 11 oz
 1-1/2 lbs
 <1/16th oz
 1 lbs
 8 oz

Measure

1 tbsp
 3 gal
 3-5/8 cup
 1 gal 1/2 qts
 2 cup
 2-1/2 cup
 1 qts 2 cup
 1/8 tsp
 1 qts
 1 cup

Issue**Method**

- 1 Add cauliflower to salted boiling water. Bring to a boil; cover. Simmer 4 to 8 minutes or until just tender.
- 2 Drain; place about 3-3/4 quarts cauliflower in each steam table pan. Set aside for use in Step 8.
- 3 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 4 Blend butter and flour together; stir until smooth.
- 5 Add flour mixture to milk, stirring constantly. Simmer 5 minutes or until thickened.
- 6 Add cheese and pepper; stir until blended.
- 7 Pour 1-1/2 quarts sauce over cauliflower in each pan.
- 8 Mix crumbs and butter or margarine. Sprinkle 1 cup evenly over cauliflower in each pan.
- 9 Using a convection oven, bake at 325 F. for 10 minutes or until crumbs are browned. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.