



cauliflower & mushroom

THE VEGETARIAN VERSION OF THE HUNGARIAN
LAYERED CAULIFLOWER



1. One layer of steamed
Cauliflower



2. One layer of cooked
minced mushroom with
onion and paprika



3. One layer of cooked
(or steamed) rice. I used
basmati in this case.



4. One cup of (vegan)
sour cream and
cheese goes on top



5. Avoid using strong cheese
because otherwise your whole
dish will taste like your cheese



6. Bake 25 mins at 180°C
or until surface is golden
brown

Cook time: approx. 1 hour
You will need:



A mincer and great
oyster mushrooms



Minced mushrooms



Chopped onion fried
until soft with a half
tablespoon of paprika



Fry the minced
mushroom with
onion base for 5 min



Use a steamer
or boil cauliflower
for 5 minutes



Cauliflower ready
for layering when
soft