



cauliflower &mushroom

THE VEGETARIAN VERSION OF THE HUNGARIAN
LAYERED CAULIFLOWER



One layer of steamed
cauliflower



One layer of cooked
minced mushroom with onion
and paprika



One layer of cooked
(or steamed) rice.
Basmati I use here



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



With cheese avoid strong taste otherwise the whole dish will taste like your cheese.



25 minutes on 180 °C or until the surface is golden brown

You'll need about an hour and:



A mincer and some
great oyster mushrooms



minced mushroom



Chopped onion fried till
soft with a half tablespoon
paprika

You'll need about an hour and:



Fry the minced mushroom
with the onion base for 5
minutes



Try to use a steamer
or you can boil the
cauliflower for 5 minutes



When soft then ready for
layering



Mahlzeit Bon Appetit

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Grilled mushroom



Take the mushroom flowers off the stam and put them in some kind of marinade. Teryake or BBQ sauce or season with dried spices or pepper and olive oil





Fry the mushrooms on middle heat for 2 minutes or until loses whiteness





Mahlzeit
Bon Appetit