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WHOLE ROASTED CAULIFLOWER

Whenever you see a recipe that instructs you to cover the food with foil it's good to remember that you can cook that same dish in your Combi Steam Oven without any foil. Why? Because when food is covered with foil it creates steam but if you use the Combination Convection Steam mode in your Combi Steam Oven you will have all the steam you need.

This recipe is so easy and the cauliflower is so delicious and creamy. It can be served with some pesto or a side of sauteed greens or just enjoyed on it's own. Cauliflower is pretty much a blank canvas awaiting your inspiration.

CONVECTION STEAM ROASTING



Ingredients:

- 1 - medium cauliflower, leaves removed and core cut so the cauliflower stand flat
- 1 - medium yellow onion
- ½ - tsp, mixed Italian seasoning
- 2 - tablespoons olive oil

Preparation:

Heat the Combi Steam oven in the Combination Convection Steam Mode to 400 degrees.

Heat an 8 - 10" ovenproof skillet over moderate heat, add the oil and onion, sprinkle with the seasoning and saute until the onions have softened, approximately 6 minutes.

Season with kosher salt and freshly ground pepper. Push the onions to the side and place the cauliflower in the center of the pan. Place in the oven and set the timer for 25 minutes.

Carefully remove the pan from the oven and set on a trivet, leaving a hot pad or cloth over the handle to remind you not to accidentally touch the handle (it happens!)

Basil Pistachio Pesto

- 1 - cup washed and dried basil leaves, coarsely chopped
- ¼ - cup raw shelled pistachios
- 3 - cloves garlic
- ¼ - teaspoon kosher salt
- ¼ - cup extra-virgin olive oil

Pulse the basil, pistachios and garlic with the salt in a food processor. Then add the oil in a stream to form a paste. Add more oil slowly if needed and a pinch of sea salt.

WRITE YOUR NOTES: