



Cauliflower's flan with tomato sauce

Ingredients

- 500 g cauliflower - 1 box of Cirio's Tuscan creamed - 1 tube Cirio's puree Supercirio - 70 g of butter - 2 tablespoons flour - 2 cups of scarce milk - 1 egg yolk - 50 g of grated parmesan cheese - virgin oil - salt, black pepper to taste - bread crumbs to taste

Preparation

1. Clean the cauliflower, cut into pieces and boil it for about twenty minutes in boiling salted water
2. After this time, drain and mash with a fork, reducing it to a puree
3. Melt in a saucepan about 50 g of butter, then add the cauliflower puree and season with salt and pepper
4. Mix well together on medium heat for a few minutes, then add the flour and flush the milk to form a thick and creamy and very compact
5. Remove the pan from the heat and mix the yolk to the mixture and cheese
6. Grease with butter remainder of the individual molds and sprinkle with breadcrumbs, then spread in the compound of cauliflower
7. Bake at 200 degrees for about twenty minutes, until it has formed a golden crust on the surface
8. Meanwhile make the heat in a saucepan with a spoon Tuscan creamed and puree, oil Extra Virgin, season with salt and pepper and let cool
9. When ready, serve flan of cauliflower with a spoonful of tomato sauce

