

Cauliflower salad, roasted celeriac and carrot, caramelized apples, Kamouraska tomme cheese

Recipe for 4 persons

Description

Note

Mornay sauce is a French classic sauce recipe, It's a bechamel sauce base where we add some cheese.

Ingredients

Salad

- 0.50 Unit(s) Cauliflower
- 1 Unit(s) Celeriac
- 6 Unit(s) Nantaise carrot
- 2 Unit(s) Golden delicious apple

Mornay sauce

- 300 Ml Milk
- 15 Gr Butter
- 15 Gr Flour
- 100 Gr "Tomme de Kamouraska"
- 1 Pinch(es) Nutmeg

Dressing

- 30 Ml Apple cider vinegar
- 4 Sprig(s) Parsley
- 60 Ml Canola oil
- 1 Tbsp Wholegrain mustard

Preparation

- Preparation time **60.00 mins**
- Preheat your **oven** at **450.00 F°**

Prep

Cut the vegetables and fruits :

- cauliflowers in florets
- carrots in slices
- celeriac in sticks
- apples in little cubes

Grate the cheese

Chop the parsley.

Mix all the ingredients of the dressing

Salad

In a bowl mix all the vegetables and the apples with a dash of vegetable oil.

On a baking tray, bake in the oven for 30-35 minutes.
Let cool down aside before mixing it with the dressing.

Mornay sauce

In a pot, melt the butter and add the flour to get a roux.
Add the cold milk then whisk. Bring to a boil then add the nutmeg and season with salt and pepper.
Cook for 3 minutes. Add the cheese. Never stop whisking.

Plating

Pour a spoon of Mornay sauce and add some vegetables on top.
Garnish with a pinch of salt and fresh ground pepper

Bon appétit!