



UNIT 9 - Recipe 14

Cauliflower Thaler Breaded with Potato Salad

for 2 Persons

Quantity / Ingredients

400 g cauliflower, fresh (2 g slices –
approx. 2 cm thick)

100 ml vegetable oil

Breading:

100 g panko breadcrumbs

1-2 tbsps flour

100 ml coconut milk, unsweetened

150 ml vegetable oil

1 pinch of salt

1 dash soy sauce

1 (organic) lemon for juice

Potato salad:

400 g waxy potatoes

50 g onions

40 g vinegar

60 g oil

200 ml vegetable stock

20 g medium hot mustard

Salt/pepper

Garnish:

Chives and/or parsley

Preparation:

Potato salad:

- Boil the waxy jacket potatoes for 40-50 minutes until soft, peel and cut into thin slices. Season with hot vegetable stock, vinegar, oil, salt/pepper and mustard. Peel and finely dice the onions, sauté briefly in oil until translucent, add to the potatoes and mix everything together.
- Cut the raw cauliflower 2 cm thick from the thick head. Marinate the cauliflower pieces with lemon juice, salt and a little soy sauce. Mix the coconut milk with the flour, then coat the cauliflower slices and roll in panko breadcrumbs on both sides.
- Fry the breaded slices in a pan with hot vegetable oil until golden brown, then cook in the oven at 120°C for 10-15 minutes.
- Serve and sprinkle the potato salad with chopped chives or parsley.





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