



Smoked CAULILINI® baby cauliflower Lavash Flatbread with Goat Cheese Béchamel

Servings

6

Calories

300

Prep Time

15 minutes

Total Time

1 hr and 15
minutes

Skill Level

Medium

Ingredients

For Goat Cheese Sauce

2 tablespoons unsalted butter

3 tablespoons all-purpose flour

1½ cups whole milk

6 ounces fresh goat cheese

Freshly grated nutmeg, to taste

Salt and freshly ground black pepper, to taste



For Smoked CAULILINI® baby cauliflower

1 pound CAULILINI® baby cauliflower, cut into large florets

¼ cup olive oil

2 teaspoons salt

For Flatbread

1 large piece lavash flatbread, store-bought

2 tablespoons capers

1 cup cherry tomatoes, halved

2 tablespoons crushed chili flakes

¼ cup chiffonade fresh basil



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The Method

Preheat oven to 350°F.

Arrange a stovetop smoker with wood chips in the bottom of the pan. Coat the CAULILINI® baby cauliflower with the olive oil and salt, and arrange the pieces on the grate of the smoker. Close the smoker top, and smoke on medium heat for 6-7 minutes, or until the CAULILINI® baby cauliflower takes on a slightly yellowish color from the smoke. Taste the CAULILINI® baby cauliflower to make sure you like the level of smokiness. If you want more, continue to smoke. Set the smoked CAULILINI® baby cauliflower aside.

In a medium saucepan, melt the butter over moderate heat. Stir in the 3 tablespoons of flour until a paste forms. Gradually pour in the milk, whisking until smooth.

Bring the béchamel sauce to a simmer over moderately high heat, whisking constantly, until thickened, about 4 minutes. Reduce the heat to low and cook, whisking often, until no floury taste remains, about 10 minutes. Remove from the heat and stir in the goat cheese until melted. Season the sauce with nutmeg, salt and pepper.

Brush a ¼ cup of sauce onto the lavash like putting sauce on a pizza. Arrange the CAULILINI® baby cauliflower and the rest of the assembly toppings, except for the basil, on top of the lavash. Bake the lavash on a parchment-lined sheet tray for 7-8 minutes, or until it is crispy and the sauce is bubbling.

Once cooked, garnish with fresh basil. Enjoy.

Recipe provided by Chef Stephaine Goldfarb – Produce Alliance

Nutrition Facts

Serving Size: 227g | Servings: 6

Amount Per Serving

Calories 300 | Total Fat 22g (sat 9g trans 0g) | Cholesterol 35mg | Sodium 1380mg | Total Carbohydrate 17g | Dietary Fiber 3g |
Sugars 7g (Includes 0g Added Sugars) | Protein 10g | Vitamin D 0% | Calcium 10% | Iron 6% | Potassium 8%

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