



## Jim Lahey's Cauliflower Pie

READY IN



45 min.

SERVINGS



2

CALORIES



1244 kcal

### Ingredients

- ☐ 1.5 tablespoons breadcrumbs fresh
- ☐ 1.5 cups cauliflower florets
- ☐ 1 pinch pepper generous
- ☐ 2.3 tablespoons flour all-purpose
- ☐ 2 servings parsley fresh chopped for sprinkling
- ☐ 0.5 garlic clove finely chopped
- ☐ 3 tablespoons grana padano cheese finely grated
- ☐ 1.5 tablespoons olive green coarsely chopped
- ☐ 3 nutmeg
- ☐ 2 servings sauce

- ☐ 1.8 ounces mozzarella cheese
- ☐ 1 ball pizza dough
- ☐ 0.3 teaspoon sea salt fine
- ☐ 113 grams butter unsalted (1 stick)
- ☐ 2 cups milk whole

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ broiler
- ☐ pie form
- ☐ pizza stone

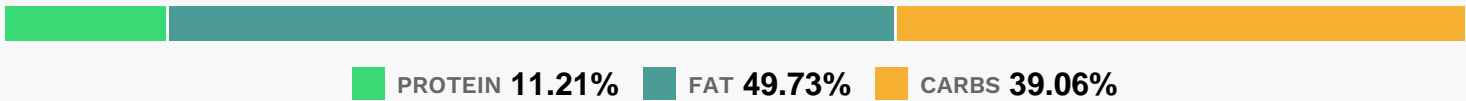
## Directions

- ☐ Pour about one-third of the milk into a saucepan.
- ☐ Cut the butter into a few chunks (so they'll melt more easily) and add to the milk.
- ☐ Heat over medium-low heat, stirring, until the butter melts but without allowing the milk to reach a boil.
- ☐ Meanwhile, put the flour in a medium mixing bowl, add the remaining milk, and whisk into a slurry. Once the butter has been completely incorporated into the hot milk, ladle some of the warm mixture into the cold flour mixture to warm it.
- ☐ Pour the contents of the bowl back into the saucepan and whisk it in. Stir in the salt.
- ☐ Over medium-low heat, whisk the mixture frequently— to prevent sticking—as it cooks and thickens. The béchamel is done at about 180°F, when it has reached the consistency of a runny sauce or heavy cream. Grate in the nutmeg and allow the sauce to cool to room

temperature. It will continue to thicken slightly as it cools. Use the béchamel immediately or cool,cover, and refrigerate for up to 5 days; bring it back to room temperature before using.

- ☐ Place a pizza stone in a gas oven about 8 inches from the broiler. Preheat the oven to 500°F for 30 minutes.
- ☐ Crumble the cauliflower with your fingers and spread it evenly in an 8-inch pie pan or baking dish. Set the pan on the pizza stone and roast the cauliflower for 12 minutes, until it is flecked with char and slightly translucent, then remove it and set aside. Switch to broil and continue to heat the stone for another 10 minutes.
- ☐ With the dough on the peel, spoon the béchamel over the surface and spread it evenly, leaving about an inch of the rim untouched.
- ☐ Sprinkle the surface with the Parmigiano. Distribute the mozzarella, the cauliflower pieces, and then the olives, garlic, and chili flakes evenly over the pizza.
- ☐ Sprinkle the bread crumbs over the top.
- ☐ With quick, jerking motions, slide the pie onto the stone. Broil for 3 to 3½ minutes under gas (somewhat longer with an electric oven), until the top is bubbling and the crust is nicely charred but not burnt.
- ☐ Using the peel, transfer the pizza to a tray or serving platter.
- ☐ Sprinkle parsley over the top. Slice and serve.

## Nutrition Facts



## Properties

Glycemic Index:165.5, Glycemic Load:10.62, Inflammation Score:-9, Nutrition Score:27.632608621017%

## Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 1243.71kcal (62.19%), Fat: 69.92g (107.57%), Saturated Fat: 40.67g (254.17%), Carbohydrates: 123.55g (41.18%), Net Carbohydrates: 117.57g (42.75%), Sugar: 27.29g (30.32%), Cholesterol: 175.45mg (58.48%), Sodium: 2265.6mg (98.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.45g (70.9%), Vitamin K: 83.28µg

(79.31%), Calcium: 575.1mg (57.51%), Vitamin C: 41.79mg (50.66%), Vitamin A: 2411.97IU (48.24%), Phosphorus: 464.6mg (46.46%), Iron: 6.92mg (38.45%), Vitamin B12: 2.1µg (34.92%), Vitamin B2: 0.58mg (33.84%), Vitamin D: 3.67µg (24.45%), Fiber: 5.99g (23.94%), Selenium: 16.53µg (23.61%), Vitamin B1: 0.34mg (22.85%), Potassium: 692.51mg (19.79%), Folate: 78.75µg (19.69%), Manganese: 0.37mg (18.56%), Vitamin B6: 0.34mg (16.9%), Zinc: 2.47mg (16.49%), Vitamin B5: 1.64mg (16.42%), Magnesium: 63.42mg (15.86%), Vitamin E: 1.85mg (12.31%), Vitamin B3: 1.82mg (9.09%), Copper: 0.12mg (6.2%)