

PORTABELLO MUSHROOM STEAKS

WITH

CAULIFLOWER BECHAMEL AND ASPARAGUS TIPS

INGREDIENTS:

1 - HEAD OF ORGANIC CAULIFLOWER, CHOPPED

1 - YELLOW ONION, CHOPPED

1 - CLOVE OF GARLIC, CHOPPED

1/8 TSP CAYENNE PEPPER

2 - LARGE PORTABELLO MUSHROOM CAPS

1 - BUNCH OF ASPARAGUS

2 - TBSP OLIVE OIL

3 CUPS OF VEGETABLE BROTH

3 TBSP REAL BUTTER

SALT AND PEPPER TO TASTE

DIRECTIONS:

PREHEAT OVEN TO 350 DEGREES.

IN A SAUCEPAN, COMBINE CAULIFLOWER, ONION, GARLIC AND VEGETABLE BROTH.

BRING TO A BOIL AND COOK UNTIL CAULIFLOWER IS TENDER.

MEANWHILE, PLACE MUSHROOMS IN A NON STICK PAN AND BAKE FOR 20 MINUTES CAP SIDE DOWN WITH A 1/2 TBSP BUTTER IN EACH CAP.

WHEN CAULIFLOWER IS TENDER POUR CONTENTS OF SAUCEPAN INTO A BLENDER. ADD 2 TBSP BUTTER, CAYENNE PEPPER, SALT AND PEPPER AND BLEND UNTIL SMOOTH AND CREAMY. (ADJUST SALT AND PEPPER TO YOUR LIKING). SET ASIDE.

OVER MEDIUM HEAT SAUTEE THE ASPARAGUS TIPS UNTIL TENDER CRISP IN OLIVE OIL.

REMOVE MUSHROOM CAPS FROM THE OVEN, TOP WITH THE CAULIFLOWER BECHAMEL SAUCE.

ARRANGE ASPARAGUS ON TOP AND SPRINKLE WITH CAYENNE OR JUVA SPICE* FOR GARNISH.

SERVE