



Fine Herbs Cauliflower and Broccoli

For 4 persons

Cooking time: When temperature reaches 80°C

Ingredients :

- ½ Broccoli
- ½ Cauliflower
- 1 Chopped Parsley Bouquet
- Salt And Pepper

Preparation :

Cut in bouquet, wash and drain off the excess water from the broccoli and the cauliflower. Put the broccoli, the cauliflower and all the ingredients in 3l *CromoTanium* pot on medium heat. When temperature reaches 40°C, put at medium/low. Keep cooking, when temperature reaches 80°C take off from stove. Serve with olive oil and 1/2 lemon juice.