



Main Course
Serves 4

Cauliflower Cheese



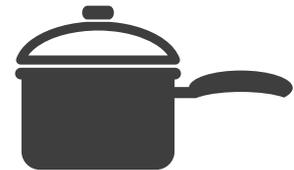
Equipment



Vegetable Knife



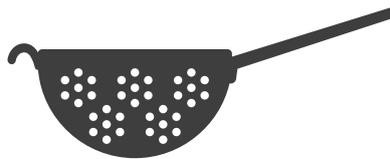
Chopping Board



Large Saucepan



Large Oven-Proof Dish
(Optional)



Seive or Colander

Ingredients

- Roughly 800g -1kg cauliflower (1 large/2 small heads)
- 1ltr of milk
- 60g butter
- 4Tbsp flour
- 200g grated strong cheddar cheese
- 2tsp mustard
- Salt and pepper to taste

Options

There are lots of things you can add to this dish to make it more exciting, such as broccoli and/or a couple of handfuls of cooked pasta. Try pan frying some finely chopped mushrooms and onions and stir through the sauce with the cauliflower, add a couple of chopped freshly boiled eggs for a little more protein. Layer sliced tomato and breadcrumbs with the cheese before grilling for a sweet and crispy topping.

Method



1

Remove leaves and stalk then wash and separate the cauliflower florets, cutting in half any large ones so they are all about the same size.



2

Bring a large saucepan of water to the boil and place florets in the pan. Place a lid on the pan and boil for about 10 mins. Remove from heat and drain through a colander or sieve, leave aside.



3

Place your saucepan back on a low heat and place the butter in the pan to melt, stirring to avoid burning. Add the flour and stir quickly to combine, making a roux (sauce base made of flour and fat).



4

Keeping the pan on a low heat, add the milk very slowly, a little at a time and stir continuously to combine.



5

Raise the heat to high and add the mustard and most of the cheese (keeping a little for sprinkling on top). Using a whisk, bring the sauce to a boil, whisking for a minimum of 2 minutes until the sauce bubbles and thickens and the cheese is fully melted.



6

Either serve immediately, or, transfer to an oven-proof dish and grill for a few minutes with a sprinkling of cheese on top.



7

Enjoy!

Health Information

There is a good fibre content in this dish from the cauliflower and adding extra veg will give it a greater nutrient boost. Some people find that cauliflower can make them feel bloated, keep hydrated by drinking a glass of water during dinner, this can ease digestion and reduce bloating. Cheese is a great source of calcium and protein, and, it contains high levels of the very important vitamin B-12. However, too much cheese is not good for us as it is high in saturated fats and over-consumption can increase cholesterol levels, posing a risk to heart health.

Did You Know?

Food waste contributes to climate change through the release of methane gas as it rots and breaks down. It is also a huge waste of the resources that go into producing our food, such as, water, land, fertilisers and labour, not to mention the energy that goes into the storage and transportation of our food. According to WRAP, 1/5th of the food waste in the UK is dairy. Milk, butter and cheese can all be frozen to prevent waste. When freezing foods at home freeze as early as possible but it is safe to do so up to the use-by-date. Try to use up within a month; always defrost thoroughly in a fridge for 24 hours and use straight away.

Waste Saving Tips

Freeze the cheese sauce in portions without the cauliflower and then it can be used for multiple dishes such as with fresh cooked veg or pasta. If you boil up some finely chopped broccoli in a little veg stock, then whisk the defrosted sauce into it to heat through you can make a quick and delicious cheddar and broccoli soup. Cauliflower leaves are delicious and nutritious, they can be chopped and left in this dish or saved for a stir fry or stew (they will keep in the freezer for up to a month). The options for this recipe mention breadcrumbs, this is a great use for slightly stale bread, simply cube a few slices with a knife and sprinkle over the top of any dish that is going in the oven or under the grill, keep an eye out for burning though and keep the temperature low. You can pre-cube your bread and freeze either pre-toasted in a little olive oil or as it is for a quick addition to many dishes.