



CAULIFLOWER CHEESE

WHAT YOU NEED

- 1 cauliflower
- 2 oz butter
- 2 oz flour
- 1/2 pint of milk
- 4 oz cheddar cheese, grated
- 1 teaspoon mustard (if you like)
- salt and pepper

HOW TO MAKE IT

Wash the cauliflower and cut it into large pieces (florets). Cook in gently boiling water, with salt, for 10 minutes.

Meanwhile, make the cheese sauce. Melt the butter in a saucepan, take off the heat and stir in the flour. Put back on the heat and stir and cook the butter and flour mixture for 3-4 minutes. Warm milk in the microwave. Add to butter and flour mixture and whisk. Bring to the boil gently while whisking all the time. Add grated cheese, salt and pepper, and mustard (if you like). Stir until cheese is melted. Put cauliflower into an ovenproof dish, pour over the cheese sauce, top with a little grated cheese, and cook in the oven for 10-15 minutes until the top is golden.



TIP 😊

Add any of the following to the dish before pouring on the cheese sauce to make a nourishing lunch or dinner: hard-boiled egg, cooked ham, cherry tomatoes, peas, cooked broccoli, cooked brussels sprouts.

