



Cauliflower Bake

SERVES: 4

PREP TIME: 15 MINS

COOK TIME: 30 MINS

INGREDIENTS

1kg cauliflower
(approximately 1 large head)
80g butter
4tbsp plain flour
1 ½ cups milk
1 cup cream
1 ½ cups grated cheese
(choose your favourite)
½ cup breadcrumbs
Seasoning to taste

METHOD

1. Cut the cauliflower into bite-sized portions.
2. Blanche the cauliflower in boiling water for 8-10 minutes.
3. Place cauliflower in a baking dish, except for 2 handfuls (to be used in the cheese sauce).
4. Preheat oven to 180°C.

The Cheese Sauce

1. Melt butter in pan.
2. Add flour and stir continuously for 10 minutes.
3. Add 1 cup milk and cream. Continue stirring until thick.
4. Stir in 1 cup of the grated cheese and turn off the heat.
5. Puree remaining cauliflower with remaining milk.
6. Stir cheese into in the pureed cauliflower.
7. Add to sauce. Season with salt and pepper.

1. Pour sauce over the cauliflower in the baking tray.
2. Mix the remaining cheese with breadcrumbs and sprinkle over the cauliflower and cheese.
3. Bake in preheated oven at 180°C for 20 minutes.
4. Serve hot with crusty bread or as a side dish.