



The Larder presents...

# SUPER - CAULIFLOWER CHEESE

## EXPIALIDOCIOUS



PREP: 30min  
COOK: 20min



SERVES: 4

### YOU WILL NEED:

#### INGREDIENTS CHEESE SAUCE:

- 1 Tbsp (15 ml) Oil, Butter or Sunflower Spread
- 2 Tbsp (30g) Plain Flour
- 300ml (½ pint) Milk
- 2 Heaped Tbsp Grated Mature Cheddar
- Salt and Pepper to taste

#### SAUCE OPTIONS TO ADD:

- Lightly Cooked Chopped Onion;
- Sliced Cooked Mushrooms;
- Chopped Parsley; Sliced Cooked Leeks; Crushed Garlic

#### CAULIFLOWER CHEESE

- 1 Med Cauliflower or
- 600g (1½ lb) frozen cauliflower florets
- 300ml (½ pint) Cheese Sauce
- 1 Heaped Tbsp Grated Mature Cheese

**\*Allergy Statement: "Recipe items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK."**

### YOU WILL NEED:

#### EQUIPMENT:

- Cup (for measuring)
- Tablespoon (Tbsp)
- Small Saucepan
- Wooden Spoon
- Measuring Jug
- Grater
- Hob
- 300ml Prepared Cheese Sauce Medium Saucepan
- Knife
- Fork
- Casserole Dish
- Grill/Oven

#### REMEMBER:

Always **wash your hand** thoroughly before touching and preparing ingredients.

## METHOD CHEESE SAUCE:

1. **ALWAYS START BY** - Washing your hands thoroughly
2. **Gather** together all the equipment and ingredients
3. **Heat oil/ butter** or **sunflower spread** in a **small saucepan** (medium heat)
4. **Add flour** and **mix to a paste** with a wooden spoon
5. **Cook the paste, stirring** continually for **2 - 3 minutes**.

**LOOK FOR** a **light golden colour**. (This is known as **making a 'roux'**)

6. **Add a small amount** of **milk** and **mix well** until the **paste** is **smooth** again
7. **Keep adding** small amounts of **milk, mixing well** each time.

**TIP** - If the sauce looks **lumpy** beat thoroughly with a wooden spoon or whisk

8. **Continue to add** a little **more milk** as soon as the **sauce looks smooth**
9. When **ALL** the **milk** is **added, simmer** for **3-5 minutes, continually stirring**
10. **Add 2 heaped Tbsp** **grated cheese, mix well** until the **cheese is melted** and **taste for seasoning**

## METHOD CAULIFLOWER CHEESE:

11. **Place 2 cups** of **cold water** in a **medium saucepan** and **boil (how long)**
12. **Prepare the cauliflower:** wash thoroughly, remove stem & outer leaves
13. **Cut the cauliflower into pieces** approx 2.5cm (1 inch)
14. **Carefully add** the **prepared cauliflower** into the **pan of boiled water**
15. **Bring back to the boil**, turn heat down and **simmer** gently for **5-8 minutes**
16. **Test cauliflower** with a **knife or fork** to **check if just tender**
17. **Drain water** from **cauliflower** and **place** in a **casserole dish**
18. **Cover with cheese sauce, sprinkle** with **extra grated cheese** and **brown under the grill or oven** until **sauce is bubbling** and **cheese melted**

## VEGGI CHALLENGE:

How many different vegetables can you add to your cheese sauce (use the suggested sauce options to add and be creative).

1. **Tell The Larder your best cheese joke...**

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