



The Larder presents...

CAULIFLOWER CHEESE



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 hands** 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
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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