

Cauliflower Cheese

Cauliflower Cheese is a classic favourite. Serve it as a tasty vegetable dish with your Sunday roast or as a quick and easy lunch or supper dish with crusty granary bread.



Milk, mustard and wheat (gluten)*

Nutritional information per portion (250g):

Energy 966kJ 230kcal 12%	Fat 13g 18%	Saturates 5.6g 28%	Sugars 6.9g 8%	Salt 0.82g 14%
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of an adult's reference intake.
Typical values per 100g: energy 386kJ/92kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Colander
Kettle
Large saucepan
Grater
Medium saucepan
Measuring jug
Wooden spoon
Whisk (optional)
Large ovenproof dish
Oven gloves
Pan stand

Ingredients

Serves 6

175g reduced-fat mature Cheddar cheese
50g unsaturated fat spread
50g plain flour
600ml semi-skimmed milk
1 x 5ml spoon English mustard
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- For non-vegetarians – a dash or two of Worcestershire sauce added to the sauce works wonders.

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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Strip outer leaves off the cauliflower. Break or cut the head into small pieces (florets) and wash well.
3. Put the cauliflower into a large saucepan, cover with boiling water and boil for approximately 7 minutes or until tender. Drain well.
4. While the cauliflower is boiling make the cheese sauce. Grate the cheese. Melt the spread gently in a pan over low heat. Don't let it brown. Use a wooden spoon to stir in the flour and mix to form a paste. Add the milk very slowly, stirring constantly with a wooden spoon or beating with a whisk, so that the sauce stays smooth.
5. Remove the pan from the heat. Add $\frac{3}{4}$ of the grated cheese, the mustard and black pepper to taste (if using). Return to the heat and stir or whisk until mixed together.
6. Place the cauliflower into an ovenproof dish. Cover with the sauce and sprinkle with the rest of the cheese. Cook for 20 minutes until the cheese is browned and bubbling.

Something to try next time

- You can make this with broccoli or sliced cooked potatoes instead of cauliflower.
- Keep any leftovers in the fridge and reheat the next day until bubbling hot. Try serving with cold meat or grilled bacon or heaped on wholemeal toast with grilled tomatoes.

Skills used include:

Washing, weighing, measuring, chopping, whisking, melting, mixing/ combining and baking.

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