

## Cauliflower cheese

### Ingredients

1 cauliflower  
 75g reduced fat Cheddar cheese  
 25g butter or soft spread  
 25g plain flour  
 250ml semi-skimmed milk  
 1x5ml spoon mustard



### Equipment

Chopping board, knife, two saucepans, grater, measuring jug, measuring spoons, colander, heat proof dish.

### Method

1. Remove the green leaves and stalk from the cauliflower and cut into small florets.
2. Place the florets into a saucepan of boiling water. Simmer for 5-6 minutes.
3. Grate the cheese.
4. Make the sauce:
  - melt 25g fat in a saucepan;
  - stir in 25g plain flour;
  - mix the flour and butter together to form a paste;
  - gradually add 250ml milk, stirring constantly as it thickens. Simmer for 2 minutes;
  - add 50g of cheese and the mustard to the sauce.
5. Drain the cauliflower and place it in a heat proof dish.
6. Pour the cheese sauce over the cauliflower.
7. Sprinkle the remaining cheese over the top.
8. Place under a hot grill until golden brown.
9. Serve.

### Top Tips

- Make up the sauce and pour over fish, pasta or other vegetables.
- Exchange the cauliflower for a range of cooked vegetables for a terrific veggie bake.
- Stir the sauce with cooked pasta, canned tuna, sweetcorn and spring onion for a quick 'tuna pasta bake'.
- Try using 1% or skimmed milk and reduced fat cheese to make it healthier.

### **Food skills**

- Weigh.
- Measure.
- Boil and simmer.
- Grate.
- Melt.
- Mix and stir.
- Drain.
- Grill.

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