

# Cauliflower Cheese

## Ingredients

1 cauliflower  
25g Plain flour  
25g Butter  
250ml Milk  
100g Grated cheese



## Equipment

2 pans, chopping board, knife, grater, measuring jug, balloon whisk, ovenproof dish

## Method

1. Preheat the oven 180 degrees/ gas mark 5
2. Cut the cauliflower into florets on a chopping board.
3. Wash cauliflower using a colander and drain.
4. Place cauliflower into a pan and cover with water. Bring to the boil and then reduce the heat. Simmer for approximately 8 minutes.
5. Once cooked, drain vegetables over the sink using a colander before adding to the ovenproof dish.
6. Add to a pan the butter, flour and milk and cook over a medium heat stirring continuously until the sauce thickens. This could take up to ten minutes. Use a balloon whisk to ensure no lumps.
7. Remove from the heat and stir in 50g of grated cheese until melted.
8. Add the drained cauliflower florets to an ovenproof dish

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9. Pour the cheese sauce over and add the additional grated cheese to the top. Place into the oven and cook for 10-15 minutes until the top is golden brown and bubbling known as 'Au gratin'.