HEARTY & GROUNDING

Cauliflower Cheese with Crispy Breadcrumbs

PREP	COOK	SERVES
15 min	35 min	4 to 6 as a side

Vegetarian

Tender cauliflower in a thick mustardy Cheddar sauce, baked until bubbling and topped with crisp golden crumbs.

Ingredients

- 1 large cauliflower, cut into florets
- 40 g butter
- 40 g plain flour
- 500 ml milk
- 1 tsp English mustard
- 150 g mature Cheddar, grated
- Salt, pepper and a pinch of nutmeg

Topping

- 3 tbsp breadcrumbs
- 30 g Cheddar, grated
- 1 tbsp chopped parsley

Method

1. Heat the oven to 200 C. Boil or steam the cauliflower for 5 to 6 minutes until just tender. Drain very well and spread in a baking dish.
2. Melt the butter, stir in the flour and cook for 1 minute. Add the milk a little at a time, whisking until smooth, and simmer for 5 minutes until thick.
3. Off the heat, stir in the mustard, Cheddar, nutmeg, salt and pepper.
4. Pour the sauce over the cauliflower. Mix the topping ingredients and scatter on top.

5. Bake for 20 to 25 minutes until bubbling and golden.

Cook's tip

Drain the cauliflower thoroughly, or the sauce turns watery in the oven. A little mustard sharpens the cheese without tasting of mustard.