

Cauliflower Cheese

Bialik College Kitchen Garden Program



Ingredients:

- 2 cloves garlic, finely chopped
- 50g unsalted butter
- 50g plain flour
- 600g milk
- 1 cup grated cheese
- 1kg cauliflower, cut into florets
- 2 slices of fresh bread
- 2 sprigs fresh thyme
- 25g sunflower/pumpkin seeds

Equipment:

- baking dish
- whisk
- saucepan
- grater
- chopping board
- knife
- steamer
- food processor

Method:

1. Place cauliflower florets into a steamer and steam for 10 minutes. Place into a baking dish.
2. Preheat oven 180C.
3. Place garlic and butter into a saucepan on medium heat. When butter has melted, stir in flour to make a paste.
4. Gradually add the milk, whisking as you go until the mixture thickens and is smooth.
5. Add half the cheese and season to taste.
6. Using the food processor, process the bread until it resembles breadcrumbs. Add in the thyme and season with salt/pepper.
7. Scatter breadcrumbs, seeds and the other half of the cheese over the cauliflower and bake for 30 minutes or until golden.