



I've got two veggie sisters and they love this. Hey, we all do and it works brilliantly with roast chicken. Make it nice and cheesy with a strong cheddar.



Milk

Equipment

Large saucepan	Whisk
Kettle	Colander
Measuring spoons	Ovenproof dish
Measuring jug	Grater
Weighing scales	Sharp knife
Juice squeezer	Chopping board
Wooden spoon	Oven gloves

Method

1. Turn oven on to 200°C or gas mark 6.
2. Strip outer leaves off the cauli. Break the head into small pieces (florets) and wash well.
3. Boil the kettle. Put the cauli into large saucepan, cover with boiling water and boil for 10 minutes or until soft. Drain well.
4. While the cauli is boiling make the cheese sauce. Melt the butter gently in a pan over low heat. Don't let it brown. Stir in the flour using a wooden spoon. The mix will form a paste. Then add the milk very slowly so it thickens smoothly and gradually, beating and stirring constantly with a whisk or wooden spoon.
5. Take pan from the heat. Add three quarters of the grated cheese, the mustard, black pepper and lemon juice. Return to the heat and stir or whisk until mixed together.
6. Tip the cauli into an ovenproof dish. Pour sauce over the lot. Sprinkle remaining cheese over it. Cook for 30 minutes until the cheese is browned and bubbling.

Ingredients Serves 4

- 1 large cauliflower
- 50g butter
- 50g plain white flour
- 600ml semi-skimmed milk
- 175 - 225g strong cheddar cheese
- 1 x 5 ml spoon English mustard
- Juice from half a lemon
- Black pepper

Top tip

For non-vegetarians - a shake or two of Worcestershire sauce in your sauce works wonders.



Something to try next time

You can make this with broccoli or sliced cooked spuds instead of cauliflower.

Make more than you need. Re-heat the next day with cold meat or grilled bacon or heaped on wholemeal toast with grilled tomatoes.