



## Food For Thought Recipe and Allergen Card

### Cauliflower Cheese

### 100 Portions

Ingredient	Hannah Product Code	Quantity
Cauliflowers- In florets		10
<b>Bechamel Sauce</b> – As per FFT Recipe		
<b>Cheddar</b> – Grated	C000485	To top
Mixed Herbs	D001161	2 tbsp

#### RECIPE METHOD – **ALLERGENS**

1. Prepare the cauliflower into florets
2. Add to a large pan of boiling water, cook for 12 minutes or until just tender but still firm
3. Prepare the **béchamel** sauce as per the FFT recipe
4. Drain the cauliflower through a colander
5. Arrange the cauliflower in the bottom of a baking dish
6. Cover cauliflower with béchamel sauce
7. Sprinkle with **grated cheddar** and mixed herbs
8. Bake in the oven at 200°C until golden and bubbling on the top

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : <b>Wheat</b> Rye Barley Oats Spelt Kamut
<b>Milk</b>
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...