



Cauliflower Cheese

Ingredient	10 Portions	50 Portions	100 Portions
Cauliflowers- In florets	1	5	10
Bechamel Sauce - As per FFT Recipe			
Cheddar - Grated	To top	To top	To top
Mixed Herbs	1 tsp	1 tbsp	2 tbsp

Key Points

If the cauliflower has some extra moisture after boiling, roasting it in the oven for a few minutes before adding bechamel

Method

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

Allergens Wheat, Milk