

View from the Fridge – Recipes from Brian Donkin

Recipe # 28 – Cauliflower with Cheese Sauce

Preparation time: 4 mins – Cooking time: 10 mins

Ingredients

1 small cauliflower, trimmed of greenery
½ wine glass of whipped cream
50gms butter
25gms plain flour
1 glass of milk
25gms grated cheddar
pinch of nutmeg
salt and pepper

Method

1. Place cauliflower in boiling water, bring back to boil and simmer for 5 minutes. Remove from pot, drain and half, placing each half on plate, flat down. Keep warm
2. Put 25gms butter and 25gms in pot over low heat, stirring until smooth and sandy.
3. Add milk gradually, stirring vigorously.
4. Bring to boil and then whisk in cheese.
5. Bring back to boil and remove from heat.
6. Stir in salt, pepper, nutmeg, the remaining butter and the whipped cream.
7. Coat the cauliflower with the sauce and put under the grill briefly to glaze.

Serves 2

