

CAULIFLOWER CHEESE

INGREDIENTS

1 cauliflower
50g margarine
50g flour
500ml milk
salt/pepper
100g cheese
1 tomato to decorate



UTENSILS

2 saucepans , 1 lid
1 wooden spoon, 1 pot
stand, newspaper
1 chopping board
1 vegetable knife
1 measuring jug
1 colander

REMEMBER TO BRING AN OVENPROOF DISH



METHOD

1. Get out all ingredients and utensils
2. Half fill one saucepan with water put on to boil.
3. Prepare the cauliflower - remove outer leaves, break into florets.
4. CAREFULLY lower the cauliflower into the water, reduce the heat slightly and leave with the lid on until just soft - test with a knife.
5. When cooked, turn off the heat and tip into the colander in the sink.
6. Put the milk, margarine and flour in a saucepan , heat GENTLY, stir until thickened.
7. Remove from the heat put on a pot stand. Add most of the cheese and the salt and pepper, stir.
8. Place the cauliflower in your ovenproof dish, pour the sauce over carefully. Sprinkle the rest of the cheese on the top, decorate with the tomato.
9. When you are ready to eat put the dish in the oven until hot and golden brown.

Instead of cauliflower try leeks or broccoli or a mixture