

cauliflower Gratin

Serves: 6

From the Garden: cauliflower

Ingredients:

1/2 cauliflower
2-3 slice stale bread (made into breadcrumbs in a food processor)
40 g butter, plus a bit extra
1 1/2 cups milk
2 tbsp plain flour
150g grated cheese
nutmeg
Sea salt and freshly ground black pepper

Equipment:

Basic toolbox, medium saucepan, small saucepan, glass jug, oval gratin dish

Method:

1. Preheat oven to 180° C.
2. Chop cauliflower into florets and place in a colander. Wash thoroughly under cold water.
3. Half fill a medium saucepan with water place on stove burner on high heat. Bring to the boil.
4. Carefully drop in the cauliflower florets and cook for about 10 minutes. Test the cauliflowers are cooked by pushing through a thin skewer. If it goes through easily they are ready ***Drain cauliflower into a colander over the sink and allow to drain.***
5. Measure out the butter and use a little extra butter to grease gratin dish.
6. Measure out milk in a glass jug and warm up in the microwave.
5. Measure out flour and set aside.
6. Now in a small saucepan melt the butter over medium heat until it starts to froth.
7. Quickly add the flour and stir with a wooden spoon for about 1 minute.
(This step is called making a roux).
6. Gradually add the hot milk stirring constantly to prevent lumps. If you get lumps quickly use a whisk to stir out the lumps.
7. Keep stirring until the mix comes to the boil. Now tip in the grated cheese and stir until the cheese has melted.
8. Add a pinch of sea salt, some black pepper and a good grating of nutmeg.
8. Arrange the drained cauliflower in the gratin dish.
9. Pour over the cheese sauce.
9. Sprinkle with the fresh breadcrumbs.
11. *** Place dish in oven,*** and cook for 20 minutes until golden brown and bubbling.
12. ***Remove dish from oven*** and serve immediately.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from "Stephanie Alexander Kitchen Garden Cooking with Kids" by Stephanie Alexander.