

Cauliflower cheese

This is a traditional British (Scottish) dish perfect for Christmas dinner. It is my favourite dish of all time and recommend it to anyone who likes cheesy dishes.

Ingredients (for 1 large dish)

- 1 cauliflower head
- 250-350g parmesan (must not be a greasy cheese)
- Approximately 1L of milk
- 4-5 tbs of butter
- Approximately 30g flour



Directions:

- Preheat the oven to 180°C.
- Cut the cauliflower into heads then boil until tender (approx 10min).
- Roux: In another pan, melt the butter and combine the flour until it forms a paste.
- Béchamel sauce: Add approx 150ml of milk to the paste and stir until combined. Repeat this until the paste is liquid and the milk is used.
- Add the parmesan to the béchamel. When doing this, add as much parmesan as you want until the sauce is cheesy enough for your liking.
- Place the tender cauliflower heads in an oven proof pan/glass dish (stem side down) and cover the entire pan with the Béchamel sauce making sure to get into every corner.
- Put tin foil over the pan/glass dish and cook for 45-60min or until cooked (top will be crispy).

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