



MINICOL CAULIFLOWER



miniCol can re-create the great taste of traditional dishes such as cauliflower cheese.

Ingredients:

1 large Cauliflower
300ml (1/2 pint) Milk
130g of miniCol
3 tbsp Plain Flour
50g (2 oz.) Butter
1/2 tsp Mustard
Nutmeg
Mixed herbs
Salt and Pepper to taste

Preparation:

1. Trim the cauliflower and then boil in salted water for 10-15 minutes or until tender and drain and place in a large baking dish.
2. Melt the butter in a saucepan, add the plain flour and heat briefly, stirring constantly. Add the milk in one go and whisk continuously until it boils and is smooth.
3. Add three-quarters of the grated miniCol, mustard, a pinch of nutmeg and seasoning.
4. Cook for a further minute stirring well. Pour the sauce over the cauliflower and sprinkle over the remaining miniCol.
5. Place under a hot grill until golden brown and serve immediately. Garnish with mixed herbs

Serves: 4