

# Taste the Hills

## Recipes and Tips

### Top Notch Cauliflower Cheese

2 small or one large cauliflower  
A bunch of spring onions  
80g butter  
80g plain flour  
300ml full fat milk  
2 bayleaves  
1 red chilli, deseeded and chopped  
1 clove garlic  
200g cheddar plus extra for top  
Dijon Mustard, nutmeg, salt, pepper  
Breadcrumbs and seeds for topping  
2 ripe tomatoes  
Dried oregano or mixed herbs

Heat your oven to 180 degrees and butter a dish

Cut off the ends and very green parts of the spring onions and put these into a jug along with the bayleaves and milk. Heat in a microwave until the milk is hot. Leave to steep.

Trim the cauliflower, sprinkle on a little salt and steam with some of the leaves for about ten minutes or until tender.

Meanwhile, melt the butter in a pan and add the chopped spring onions, chilli and crushed garlic.

When frothing, stir in the flour and let this heat through for a minute. Keep stirring.

Hold back the bits from the milk and pour into the butter and flour bit by bit. Stir vigorously until all the milk is used and the sauce is thick.

When the cauliflower is cooked, add a little of the cauliflower water and stir again.

Stir a good teaspoon of mustard into the sauce and add some salt, pepper and nutmeg.

Add the cheese, keeping some for the topping.

Place the cauliflower and its chopped leaves into your dish and pour over the cheesy mixture. Scatter over some breadcrumbs as well as some sliced tomato, seeds, dried herbs and extra cheese.

Bake in the oven until bubbling and golden.

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