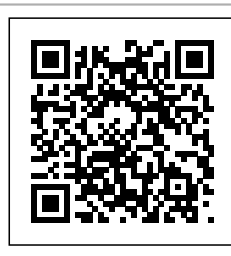


Cauliflower Gratin



Scan Code To Watch Video!



Recipe by: Laura Vitale

Serves 6 to 8

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

For the sauce:

- 1/3 cup of Unsalted Butter
- 1/3 cup of All Purpose Flour
- 2-1/2 cups of Whole Milk
- 1 Tbsp of Ground Mustard
- Pinch of Nutmeg
- Salt and Pepper, to taste
- 1/2 cup of Freshly Grated Parmigiano
- 2 Cup of Shredded Extra Sharp Cheddar
-

Additional Ingredients:

- 1 Whole Head of Cauliflower, cut into florets
- 1/2 cup of Freshly Grated Parmigiano
- 1 cup of Fresh Breadcrumbs
- 1 tsp of Dried Parsley
- 2 Tbsp of Unsalted Butter, melted

1) Preheat the oven to 400 degrees, grease a baking dish with some butter and set aside.

2) Fill a large pot with water, add a pinch of salt bring to a boil, add the cauliflower and cook for 5 minutes.

3) Meanwhile, make the sauce. In a large saucepan, add the butter, allow it to melt, whisk in the flour and allow it to cook for 30 seconds, add the milk and cook the sauce until the milk thickens, about 4 to 5 minutes, season with the dry mustard, nutmeg, shredded cheddar, parm, and salt and pepper and set aside.

4) Drain the cauliflower, place it back in the same pot, add in the sauce and stir it all together to coat, add the mixture in your prepared baking dish.

5) Sprinkle the remaining parm and cheddar evenly over the top of the cauliflower mixture, then quickly mix together the bread crumbs, dry parsley and butter and scatter that evenly over the top as well.

6) Bake in your preheated oven for about 20 minutes or until golden brown and crispy on top.

