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## Online Lesson – Mac and Cheese

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### Equipment Required

Sharp Knife  
Frying pan  
2 x Medium saucepan  
Scales  
Baking tray  
Baking dish

Chopping Board  
Tablespoon  
Teaspoon  
Microplane or grater  
Stirring spatula

Serves 4 (or 2 with leftovers!)

### Ingredients

1 small head Cauliflower  
50g (1.75oz) Butter  
50g (1.75oz) Plain Flour  
1 litre Milk (whole milk or alternative)  
250g (8oz) Small pasta shapes (I'll use wholegrain macaroni)  
1 tbsp Dijon mustard  
Pinch Nutmeg  
100g (3.5oz) Cheddar or Red Leicester  
100g (3.5oz) Gruyere  
100g (3.5oz) Mozzarella  
50g (1.75oz) Breadcrumbs  
1tbsp Oil  
1 garlic clove  
Salt and Pepper

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50g Breadcrumbs  
1tbsp Oil  
1 garlic clove  
Pinch salt

1. Preheat the oven to 200C (400F)
2. Remove the florets from the cauliflower and place on a baking tray. Drizzle with oil and roast for 20mins until golden and soft.
3. Mix the breadcrumbs with 1 tbsp oil, a minced garlic clove and a pinch of salt.
4. To make the cheese sauce: melt the butter in a medium saucepan, once melted take off the heat and stir in the flour. Add back to the heat and cook for 1-2mins until the mixture resembles wet sand.
5. Remove from the heat again and stir in a little of the milk, keep adding the milk slowly off the heat stirring in each addition until you have a glossy mixture the thickness of double cream.
6. Add back to the heat and cook, stirring often until the mixture no longer tastes of flour (c.5mins). At this point get some salted water boiling for your pasta.
7. Take off the heat and stir in the cheeses, mustard and nutmeg. Taste for seasoning.
8. Once the pasta is nearly cooked, still a little al dente scoop it out with a slotted spoon into the cheese sauce – a bit of pasta water here helps make a silky sauce.
9. Remove the cauliflower from the oven and stir through the mixture. Switch the oven off and preheat a medium grill.
10. Pour the pasta mix into an oven proof dish, top with the breadcrumbs and 50g of mozzarella. Place under a medium grill until golden and bubbling.
11. Allow to sit for 5mins before serving to avoid mouth injury!