

## NUTRITION: Guest Chef Rob and his Cauliflower Cheese

**Lazza will be back next week.**

**This week, Izzwalker Rob offers up his Cauliflower Cheese**

Cauliflower is thought to originate from Cyprus, which historically was a former British Colony. Béchamel Sauce was used extensively in Greek and Cypriot cooking of the 19th century and the early 20th century. Cauliflower was said to have been introduced to the west during the French Lusignan rule of Cyprus. The Old French word for Cauliflower is Chou de Chypre (Cyprus cabbage).

There is a recipe for Cauliflower with Parmesan Cheese in “Mrs Beeton’s Book of Household Management” first published in 1861



- 1 Cauliflower
- 2 Tablespoons of flour (plain or self-raising)
- 50ml Vegetable oil
- 500ml Milk
- 400g Mature Cheddar cheese
- 1 Teaspoon English mustard (powder or pasty)
- ¼ Teaspoon salt.

- Chop the washed cauliflower into chunky pieces (include the leaves that come around it, if you want, as they can add to the quality) and gently boil it in a saucepan with water. Mine boiled for about 20 minutes before the stalky bits of cauliflower became tender.
- Meanwhile put the oil in another saucepan and stir in the flour, the salt and the mustard and, once it is well mixed, add the milk and gently bring it towards boiling, keeping it stirred with a balloon whisk. It should thicken up and then it is time to grate  $\frac{3}{4}$  of the cheese and mix it into the sauce.
- Pre-heat the oven to gas mark 6, 200°C.
- Drain the cooked cauliflower and tip it into a shallow oven-proof dish, and pour the cheese sauce over it. Then grate the last quarter of the cheese over the top and put it into the oven for 25 minutes.
- It should be ready to eat, or to be put aside to microwave when you fancy it. Enjoy!



**Thanks so much Rob.  
It looks really tasty.**

**Next week, Lazza is getting  
to grips with  
Bakewell Tart!!**