

Foodnity Recipes

Cauliflower Cheese – The Best Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**British** Cuisine

Ingredients

Main Ingredients

- [ ] 1 large cauliflower head, cut into florets
- [ ] 2 cups sharp cheddar cheese, grated
- [ ] 1 cup whole milk
- [ ] 2 tbsp unsalted butter
- [ ] 2 tbsp all-purpose flour
- [ ] 1/2 tsp ground nutmeg
- [ ] 1 tbsp lemon juice
- [ ] 1/2 cup breadcrumbs
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 190°C (375°F). Lightly grease a baking dish.
2. In a saucepan, melt butter over medium heat, whisk in flour, and cook for 1 minute.
3. Gradually whisk in milk, stirring until the sauce thickens, then add nutmeg, lemon juice, salt, and pepper.
4. Stir in half of the cheddar until melted, then toss the cauliflower florets in the sauce.
5. Transfer the coated cauliflower to the dish, sprinkle remaining cheddar and breadcrumbs on top.
6. Bake for 20-25 minutes, until the top is golden and the cauliflower is tender.

Nutrition per serving

320 kcal	14 g	20 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crispness, broil for the last 2 minutes, watching closely.
- A drizzle of melted butter over the breadcrumbs before baking adds richness.
- Feel free to fold in a handful of toasted pine nuts for texture.