

Recipe

Baked Cauliflower & Cheese

2 small heads of cauliflower
4 Tbspn. butter
1/4 cup all-purpose flour
1/8 tspn. salt
2 cups whole milk
10 ounces Cheddar cheese, grated (about 1 1/4 cup)

Preheat oven to 375°F. Steam the cauliflower until tender. Transfer to a bowl & cool. Gently break into large florets rather than small pieces. Arrange the florets, in one layer, in a 12- by 8-inch baking dish and set aside.

In a large heavy saucepan over moderate heat, melt the butter. Reduce the heat to low, add the flour and salt, and whisk until both are incorporated and the mixture turns golden brown. Raise the heat to moderate and add the milk, whisking constantly, until a smooth sauce forms, about 5 minutes. Add 1 cup of the grated cheese and whisk until melted. Pour cheese sauce over the cauliflower, making sure to cover all the florets. Sprinkle with the remaining 1/4 cup cheese and season with pepper. Bake until the cauliflower is golden brown and the cheese sauce is bubbling, about 30 minutes.



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