



FOUR CHEESES CAULIFLOWER BAKE

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Serves

4 people

Ingredients available at Mediterranean Foods

Ingredients

- 80g Gorgonzola cheese (2cm cubes)
- 80g Provolone cheese (2cm cubes)
- 80g Asiago cheese (2cm cubes)
- 80g Grana Padano grated
- 5 Teaspoons of flour
- 2 Tablespoons of bread crumbs
- 1 Large cauliflower cut in little florets
- 1 Pinch of grated nutmeg
- 500mls of milk
- 50g of butter

1. This recipe is similar to the Four cheeses Farfalle with a slightly thicker besciamella sauce. The Italian take on the very Kiwi “cauliflower’n’cheese”
2. In a small pot heat the milk to a simmering temperature. In another pot melt the butter and add the flour. Cook this roux for 5 minutes then add the milk.
3. Let it simmer for a couple of minutes whisking any lumps away. Add the pinch of nutmeg. Take it away from the stove and let it rest for a couple of minutes. Stir in the cheeses apart for the Grana Padano.
4. Blanch the Cauliflower florets in plenty of salted water for 5 minutes.
5. Drain and place them in a large baking tray. Pour over the cheese sauce then sprinkle the bread crumb and the Grana Padano all over.
6. Bake in the oven at 170 for 15 to 20 minutes until the top starts to turn to a golden colour.
7. Serve as a side or add some roasted sausages with the cauliflower in the baking tray as a hearty winter meal.

Buon Appetito!

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