










The  
**Nearly Naked**  
veg Company  
Our farm, your table, no fuss



## Cauliflower Cheese

-  1 medium to large cauliflower
-  80g grated cheese (choose your favourite or mix them up) plus extra for the end
-  1 pint milk
-  40g plain flour
-  40g butter
-  Freshly grated nutmeg
-  Salt and pepper to season



First off, the cauliflower. I prefer to steam all my vegetables - I think it helps them retain their flavour and of course, keeps as much of the goodness in as possible. So, set your steamer pan going with some water.

Cut the cauliflower up into medium to large pieces, all about the same size so they cook fairly evenly. Place the cauliflower into your steamer and place on top of the water, with a lid on, for about 4 minutes. Then, turn off the heat and leave alone.

In the meantime, place your flour, milk and butter into a saucepan over a low heat. Whisk with a balloon whisk as your ingredient come up to temperature until you have a smooth liquid. Simmer for about 5 minutes, continually whisking gently.

Then, add your cheese and a little salt, pepper and grated nutmeg (all to your own taste) and whisk gently until all the cheese has melted.

Transfer your cauliflower to a shallow oven-proof dish, and then pour the sauce over. Top with a bit more grated cheese (I am a fiend for lots of cheese!) and a little more grated nutmeg.

All the above can be done earlier in the day if you like. Then, when you are ready to serve, pop the cauliflower cheese into the oven at about 180 degrees Celsius, until golden brown on top.

The Nearly Naked Veg Company Ltd: Registered in England & Wales No. 06854742 Vat No. 159 7854 25  
The Turtley Corn Mill, Avonwick, Devon, TQ10 9ES

Tel: 01364 646 106 Fax: 01364 646 101 Email: [info@nearlynakedveg.co.uk](mailto:info@nearlynakedveg.co.uk) Web: [www.nearlynakedveg.co.uk](http://www.nearlynakedveg.co.uk)