

Cauliflower Au Gratin

Ingredients

1 stick plus 2 teaspoons unsalted butter
2 heads cauliflower trimmed and cut into large florets
2 teaspoons salt, plus more as needed
1/2 cup all-purpose flour
6 cups whole milk
1/4 teaspoon cayenne
3 cups grated cheddar cheese
1 cup fine dry bread crumbs
2 teaspoons Essence

Method:

1. Preheat the oven to 180° C. Grease a large casserole dish with 2 teaspoons of butter and set aside.
2. Microwave the cauliflower for 3 minutes until tender but firm - Allow to cool
3. Place the cauliflower in the prepared pan
4. In a medium heavy saucepan melt the remaining stick of butter over medium heat. Stir in the flour, whisking constantly over medium heat until thickened into a blond roux, about 4 minutes. Add the remaining 2 teaspoons salt and the cayenne, stir, and gradually add the cold milk whisking constantly until the mixture thickens, about 4 minutes. Bring to a simmer and add the cheese, whisking constantly until the cheese is melted. Remove from the heat.
5. Pour the cheese sauce over the vegetables, gently rapping the casserole dish on the counter top to dispel air bubbles.
6. In a bowl, mix together the bread crumbs, oil, and Essence and evenly distribute over the top of the vegetables. Bake until golden brown, about 30 minutes. Serve hot.

Essence

2 1/2 tablespoons paprika
2 tablespoons salt
2 tablespoons garlic powder
1 tablespoon black pepper
1 tablespoon onion powder
1 tablespoon cayenne pepper
1 tablespoon dried leaf oregano
1 tablespoon dried thyme