



**PREP**  
15 min

**COOK**  
35 min

**SERVES**  
6

# Cauliflower Cheese Bake

## INGREDIENTS

1 large cauliflower,  
cut into florets

40 g Pure Valley butter

40 g White Mill plain flour

500 ml Farmdale full  
cream milk

150 g Emporium Selection  
cheddar cheese, grated

50 g Westacre Dairy parmesan  
cheese block, grated

1 tsp Colway Dijon mustard

Stonemill Salt & Pepper

## DIRECTIONS

1. Preheat oven to **200°C (fan-forced)**. Grease a medium baking dish.
2. Steam or boil cauliflower florets for 5 minutes until just tender. Drain well and transfer to dish.
3. In a saucepan, melt butter over medium heat. Stir in flour and cook for 1 minute.
4. Gradually whisk in milk until smooth. Cook for 5 minutes, stirring, until thickened.
5. Stir in cheddar, parmesan, mustard, salt, and pepper. Pour sauce over cauliflower.
6. Sprinkle with extra cheese if desired. Bake for **20–25 minutes**, until bubbling and golden.



Good Different



Add a handful of breadcrumbs mixed with olive oil on top before baking for extra crunch.