

THE PANTRY

A community of food and drink lovers

Brought to you by Ryland Peters & Small and CICO Books



Children of all ages love this tasty and nourishing midweek supper. For those in a hurry, it is also super-quick to make, especially if you buy your cheese already grated.

BACON & CHERRY TOMATO CAULIFLOWER CHEESE

CAULIFLOWER CHEESE

1 cauliflower
sea salt and freshly ground black pepper
12 rashers/slices streaky/fatty bacon
250 g/1½ cups cherry tomatoes
1 handful grated/shredded Cheddar cheese

CHEESE SAUCE

575 ml/2½ cups milk
50 g/1/3 cup plain/all-purpose flour
60 g/4 tablespoons butter
1 teaspoon Taste #5 Umami Bomb/Paste Original Recipe (optional)
70 g/1 scant cup Cheddar cheese, grated/shredded
40 g/½ cup Parmesan cheese, grated
nutmeg (optional)
sea salt and freshly ground black pepper

SERVES 4

Preheat the oven to 180°C (350°F) Gas 4.

Take a sharp knife and remove all the hard, outer leaves of the cauliflower, leaving the very fine ones from the inner layer. Cut the stalk off the bottom of the vegetable so that it sits flat. Cut an X into the bottom of the stalk – this will help the thickest part of the cauliflower cook faster so as to not overcook the florets.

Boil the cauliflower in a large pan of boiling salted water for 15–20 minutes, or until tender in the centre.

While the cauliflower is cooking, make the cheese sauce. Place the milk, flour and butter in a medium saucepan over a medium-low heat. Gradually bring to a slow simmer, whisking continuously, for about 5 minutes, or until the sauce becomes thick and smooth.

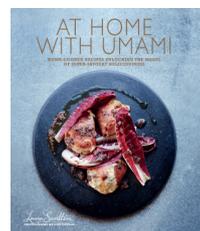
Reduce the heat to low and allow the sauce to cook very gently for 5 minutes, stirring occasionally.

Season the sauce with the Umami Bomb/Paste (if using), cheeses, nutmeg (if using), and salt and pepper.

Use a grill/broiler to grill/broil the bacon. Once cooked, chop it into squares and set aside.

Once the cauliflower is cooked, place in an ovenproof dish, pour over the cheese sauce, and dot around the tomatoes, bacon and scatter with a handful of Cheddar cheese and a grinding of black pepper. Bake in the preheated oven for about 10–15 minutes, just so that the sauce colours and begins to bubble.

Serve immediately.



Recipe from **AT HOME WITH UMAMI** by Laura Santini
For more information: www.rylandpeters.com/umami