



# Cauliflower Cheese

## Ingredients

2 teaspoons salt  
1 head of cauliflower  
1 tablespoon butter  
3 cloves of garlic  
½ teaspoon chile flakes (optional)  
1 bay leaf  
1 tablespoon all-purpose flour  
1 ½ cups milk  
6 oz sharp cheddar cheese  
Non-stick cooking spray  
Breadcrumbs (optional)  
1 tablespoon Dijon Mustard  
(optional)  
Finely chopped fresh basil  
(optional)

## Directions

1. Preheat the oven to 400°F. Bring a pot of water to a boil over high heat. Add the salt and cauliflower, then leave it for 4 minutes.
2. Spray a baking dish with non-stick cooking spray. Drain the cauliflower and add it to the dish.
3. In a medium-size saucepan, melt the butter over medium heat. Add the garlic, bay leaf, and chile flakes (if desired) and cook for about 1 minute.
4. Add the flour to the butter and stir quickly. The flour-butter mixture is called a roux. Mix and cook until it is slightly brown.
5. Slowly add the milk to the pot, stirring all the while to incorporate the roux and make a creamy sauce.
6. Continue cooking the sauce, stirring occasionally, until it just comes to a boil—about 5 to 7 minutes. Once a couple of bubbles appear, turn off the heat and stir the cheese into the sauce. Include any additions at this point (except breadcrumbs).
7. Taste the sauce and add salt and pepper as needed. Remove the bay leaf. The sauce should be creamy, smooth, and savory.
8. Pour the sauce over the cauliflower, sprinkling with breadcrumbs if desired. Place the dish in the oven and bake until the top is brown and bubbly- about 40 minutes.