

ONE BITE

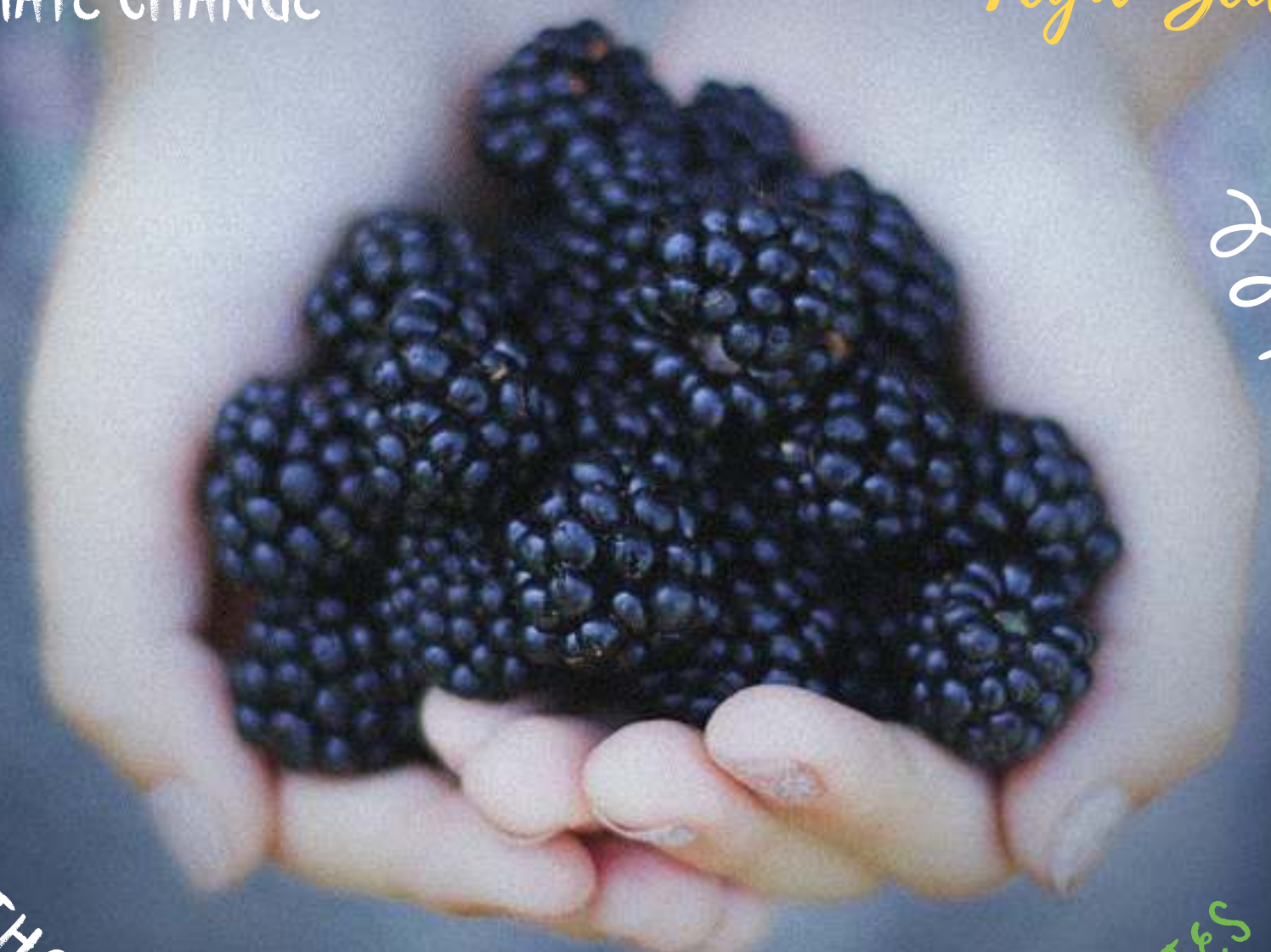
onebitevegan.com

Vegan Magazine

summer 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Veganized

CAULIFLOWER CHEESE

By Nico Rossetti

Ready in around 30 minutes, cauliflower cheese is a traditional British dish, which has been around for at least a couple of centuries. The tender whole cauliflower is smothered in a rich and creamy cheese sauce (no cashews!), then baked in the oven, and finished with a sprinkling of smoked paprika.

PREP:
5 mins

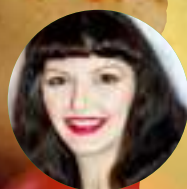
COOK:
30 mins

TOTAL:
35 mins

YIELD:
4 servings

INGREDIENTS

- 2 medium-sized cauliflowers, whole
- 50g (c. ¼ cup) non-dairy margarine or butter
- 2 tbsp, heaped, plain flour
- 500ml (c. 2 cups + 2 tbsp) Soya Light milk
- 1 tsp mustard powder
- 1 tbsp white miso paste
- 10 tbsp nutritional yeast flakes
- 50g (c. 2 oz) extra mature vegan cheddar
- ¼ tsp ground white pepper
- 5 tbsp Soya Cuisine cream
- ½ tsp smoked paprika



Nico Rossetti

Nico Rossetti is the recipe developer and blogger behind yumsome.com. Her website is full of delicious vegan recipes that are easy to make with readily-available ingredients. Nico's aim is to show her followers that vegan food can be delicious and doesn't have to be complicated to taste great.

Website: www.yumsome.com

Facebook Twitter Pinterest Instagram

INSTRUCTIONS

1. Pre-heat your oven to 200°C (400°F/gas mark 6).
2. Bring a large pan or stockpot of water to boil, remove the ends of the stems, rinse the cauliflower, and add to the boiling water. You can keep the leaves intact - they're delicious!
3. Bring back to the boil, then reduce the heat, and simmer for 10-15 mins, until softened but still offer a bit of resistance when inserting a knife. (note 7)
4. Once the cauliflowers are cooked, remove them from the pan, and place into a suitably-sized oven dish or roasting pan.
5. While the cauliflower is cooking, make a roux by melting the vegan margarine in a medium heavy-based pan over a low-med heat. Once the margarine has melted, stir in the flour to make a paste.
6. Cook the roux for 2 mins, while stirring continually.
7. Whisk in a little of the milk, to loosen the roux, then whisk in the rest, a little at a time, until all the milk has been added, and there are no lumps.
8. Whisk in mustard, miso, and continue to cook - stirring all the time - until the sauce has thickened to a custard-like consistency.
9. Turn off the heat, and add the cheese and nutritional yeast. If using my extra mature cheddar, you should be able to just break it up and whisk it in (or use a blender). If using grated store-bought cheese, stir it in. Keep stirring until the cheese has melted, and the sauce is smooth.
10. Stir in the white pepper and soy cream.
11. Pour the cheese sauce over the cauliflower, making sure they're well-covered, then place into the center of the oven for around 15 minutes, until the sauce has browned and started to bubble.
12. When done, remove from the oven, sprinkle with some smoked paprika, and serve immediately.
13. Leftovers can be kept for a couple of days in the fridge in a covered dish. Cauliflower cheese does not freeze well.