

# Broccoli & Cauliflower Cheese Bake

**Season:** Spring

**Type:** Side (Blue Group)

**Serves:** 32 tastings

**From the garden:** Broccoli & cauliflower

**Class focus:** Cutting broccoli & cauliflower into florets



Equipment:	Ingredients:
Large saucepan x 1	2 cups cold tap water
Small mixing bowl x 1	2 cups milk
Whisk x 1	½ cup plain flour
Wooden spoon x 2	1 frozen cauliflower (cut into small florets)
Serving bowl x 1 (for melting butter)	2 frozen broccolis (cut into small florets)
Chopping boards and knives	¼ teaspoon dried thyme
Measuring cups	2 cups grated cheese
Measuring spoons	1 teaspoon salt
Baking paper	10 grinds of pepper
Deep baking tray x 1	<i>Topping:</i>
Serving plate x 5	2 cups panko bread crumbs
Serving spoon x 5	50g butter (melted using microwave)

## What to do:

1. Heat oven to 180C.
2. Wash all the vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. In a large saucepan, use a whisk to mix the **first 3 ingredients** together and cook over medium heat.
5. Stir constantly until mixture is thick and boiled.
6. Remove from heat.
7. Add the **next 6 ingredients** into the white sauce.
8. Pour vegetable mixture into a lined baking tray.
9. Combine the topping ingredients in a small mixing bowl, sprinkle over vegetable mixture.
10. Bake for 20 minutes or until the breadcrumbs are golden brown.
11. Serve into 5 serving plates with a serving spoon in each.

### For vegan / dairy intolerance option:

- Use soy milk and Nuttelex.
- Make the dish without cheese.

### For gluten free option:

- Use gluten free plain flour.
- Make the dish without the panko topping.

Interesting terms:

Interesting techniques: Cutting broccoli & cauliflower into florets