

Cauliflower Mac and Cheese

practicalmagic.blog

Adapted from Martha Stewart's Perfect Macaroni and Cheese

Preheat oven to 375°F. Grease a 3-quart casserole dish and set aside.

In a bowl, mix together and then set aside the cheese to be stirred into the sauce

3 C Grated Strong white cheddar
3/4 C Grated Gruyere
1/4 C Grated Parmesan

In a separate bowl, mix together and then set aside the cheese to be used for the topping

1 1/2 C Grated Strong white cheddar
1/4 C Grated Gruyere
1/4 C Grated Parmesan

Over medium-high heat, simmer in with the lid closed, until very tender, about 10 minutes. Purée the cauliflower with 2 C of the stock until very smooth and set aside.

500 g Frozen cauliflower florets
3 C Chicken stock

In the microwave, heat

2 3/4 C Milk

In a high sided skillet (it should be large enough to accommodate the sauce and the pasta together) set over medium heat, melt

3 T Butter
1/4 C All-purpose flour

When the butter bubbles, add

Whisk for 1 minute. Remove the skillet from the heat and slowly pour the warmed milk into the flour-butter mixture while whisking. Continue cooking, whisking constantly, until the mixture bubbles and becomes thick, about 10 minutes.

Remove the pan from the heat. Stir in the cauliflower and

2 t Salt
1/4 t Freshly grated nutmeg
Pinch White pepper
1/4 t Cayenne pepper (optional)
1/2 t Mustard powder
The cheese for the sauce

Bring a large pot of water to a boil and salt well. Add Cook 3 to 4 minutes fewer than the manufacturer's directions, until the outside of pasta is cooked and the inside is underdone. Transfer the pasta to a colander and drain well. Stir the pasta into the sauce.

454 g Rigatoni

Pour the mixture into the prepared casserole dish and sprinkle over

The cheese for the topping

Bake until browned on top, about 30 minutes. Transfer dish to a wire rack to cool for 5 minutes before serving.

Notes:

➤ Freezes well, can be frozen before being baked. Thaw overnight and add 15 minutes to the baking time.