











Season: Year round
From the garden: Cauliflower, spring onions
Type: Snack
Difficulty: Easy
Serves: Makes 12-18 muffins
Source: Catherine Bell (Garden to Table Chair and Founding Trustee)

Equipment

-  Oven
-  Muffin pans (medium size)
-  Muffin cases (optional)
-  Pastry/kitchen brush (if buttering pans)
-  Chef's knife
-  Chopping board
-  Measuring cups
-  Measuring spoons
-  Food processor
-  Sieve
-  Large mixing bowl
-  Medium mixing bowl
-  Whisk
-  Mixing spoon or spatula
-  Grater
-  Large spoon
-  Skewer
-  Cooling rack

Ingredients



-  350 grams cauliflower florets
-  2¼ cups self-raising flour
-  1 teaspoon sea salt
-  a good grind of black pepper
-  1 cup/250ml full cream milk
-  2 eggs
-  ½ cup/125ml olive oil
-  2 teaspoons Dijon mustard
-  1 cup grated tasty cheddar cheese plus extra for the tops
-  2 spring onions

How to make it

1. Preheat the oven to 200 °C. Either line each muffin pan with a paper case or brush liberally with melted butter and dust with flour to create a robust non-stick surface.
2. Cut the cauliflower into smaller pieces and pulse in the food processor until finely chopped. You may need to do this in two batches. Set aside.
3. Trim the ends from the spring onion and chop the white and green part very finely.
4. Sift the flour, salt and pepper in a large bowl.
5. Put the eggs, milk, oil and mustard in another bowl and whisk to combine.
6. Pour this mixture into the dry ingredients and mix briefly and gently. Then add the cauliflower and the cheese and mix again until just combined – avoid overmixing or the muffins will be tough.

7. Spoon the batter evenly into the prepared muffin tins. Sprinkle with a little extra cheese and bake 25-30 minutes until a skewer inserted in the centre comes out clean.
8. Tip out onto a wire cooling rack. Serve warm or at room temperature, halved and spread with a little butter if you wish.
9. Once cold, store in an airtight container or freeze. Prior to serving refresh or heat in the oven.

Options:

-  Add a couple of rashers of bacon that has been cooked until crisp and then crumbled. Instead of or in addition to the spring onion, add chopped fresh herbs such as thyme, sage or rosemary.
-  Make a small cut across the top and insert a little piece of grilled haloumi. Sprinkle with finely chopped parsley to garnish.

Skills:

-  Measuring, grating, chopping, mixing, dividing mixtures evenly, baking, testing to see if cooked.