




# Cheesy Cauliflower Bake

A simple and delicious Cheesy cauliflower bake – classic comfort food. A wonderful vegetarian accompaniment to anything from Sunday supper to Holiday feasts.

|  |  |
|--|--|
|  <b>Course</b>  | Dinner, Side Dish  |
|  <b>Cuisine</b> | American   |
|  <b>Keyword</b> | cauliflower bake, cauliflower bake recipe, Cheesy Cauliflower Bake |



4.93 from 26 votes

|   |            |
|---|------------|
|  <b>Prep Time</b>  | 20 minutes |
|  <b>Cook Time</b>  | 30 minutes |
|  <b>Total Time</b> | 50 minutes |
|  <b>Servings</b>   | 4 servings |
|  <b>Calories</b>   | 359kcal    |
|  <b>Author</b>     | Erren Hart |

## Ingredients

- 1½ lbs cauliflower approximately 1 large head, cut into even sized pieces
- 3 tablespoons butter
- 3 tablespoons flour
- 1½ cup milk
- 1 teaspoon salt
- ½ cup Parmesan Cheese
- 1½ cup cheddar cheese grated
- black pepper Freshly ground to taste
- ½ cup cheddar cheese for the top

## Instructions

1. Preheat oven to 400°
2. Cut the cauliflower into bite-sized pieces. Steam in a steamer or microwave until slightly tender (about 5 minutes).
3. If necessary, drain and allow to dry before using. Add to an 8x8 baking dish and set aside.
4. In a medium saucepan melt the butter and then mix in the flour to form a paste.
5. While mixing constantly, slowly pour in the milk until smooth.
6. Mix in the salt, and Parmesan cheese until combined.
7. Mix in 1 cup of cheddar until melted.
8. Mix in the pepper.
9. Pour the cheese sauce over the steamed cauliflower in the pan.
10. Top with the remaining ½ cup of cheddar
11. Bake until cheese is melty and deeply golden, 30 minutes.

## Notes

- ***For the most tender cauliflower, be sure to remove the cores and stems.***

- **Cut the cauliflower into equally sized florets** to ensure even cooking.
- **When steaming the cauliflower**, be sure to season with salt to avoid bland cauliflower.
- **Steam until slightly tender**, but not soft. It will finish cooking in the oven.
- **To use frozen cauliflower**: just follow the instructions on the package to cook, but subtract a few minutes to allow it to finish cooking in the sauce. **Drain well** then follow the recipe from step three.
- **Be sure your cooked cauliflower is drained and dry** before adding it to the sauce.
- **Have all your ingredients ready before you start the sauce.** Things move fast when making a cheese sauce. If you have to stop to grate cheese, it could end in disaster.
- **When adding the milk**, pour slowly while mixing it in at the same time. Stir until thick and smooth.
- **Taste before seasoning** the sauce before seasoning. Some cheese is quite salty to taste and season as needed.
- **For a crunchy topping** swap the cheddar cheese topping with Parmesan cheese. It will become golden and crisp.
- **Add a teaspoon of mustard or garlic powder** to the sauce for extra depth of flavor.
- 

## Nutrition

Calories: 359kcal | Carbohydrates: 9g | Protein: 18g | Fat: 27g | Saturated Fat: 17g | Cholesterol: 81mg | Sodium: 1154mg | Potassium: 213mg | Sugar: 3g | Vitamin A: 885IU | Vitamin C: 12.9mg | Calcium: 531mg | Iron: 0.8mg

Thank you for visiting Erren's Kitchen!