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LARISSA TABORYSKI

CAULIFLOWER MC & CHEESE

Ingredients:

- 3 - cups elbow pasta
- 2 - cups, small cauliflower or broccoli florets
- 3 - tablespoons butter
- 3 - tablespoons all purpose flour
- 2 - cups milk
- 1 - teaspoon salt
- Dash of pepper
- 1 - cup grated Jack cheese
- 2 - cups grated Cheddar cheese
- ¼ - cup fine breadcrumbs mixed with
- ¼ - cup grated Parmesan cheese and
- 2 - tablespoons minced fresh parsley

This delicious version of perhaps the most popular comfort food incorporates some steamed cauliflower but you could also substitute broccoli if you prefer.

Preparation:

Cook the pasta in 8 cups of water with ½ teaspoon of salt, drain and rinse in cold water.

Steam the cauliflower and when cooked combine with the pasta.

Heat the butter in a small heavy saucepan, add the flour and stir to blend.

Cook for a few minutes taking care not to let the butter get too dark.

Whisk in the milk and cook over moderate heat until thickened.

Remove from the heat and stir in the cheese whisking until it is all blended, taste and add salt and pepper as needed.

Preheat the oven to Convection Bake 350 degrees (using Convection ensures even heat distribution and enables you to roast some meat or vegetables on another rack at the same time)

Mix the cheese sauce with the cooked pasta and cauliflower and

CONVECTION BAKE MODE



pour into an oiled oven casserole dish (approx 9 x 13) cover and bake on the center rack for 30 minutes.

After 30 minutes, remove the foil and sprinkle the breadcrumb, parsley, Parmesan cheese mixture over the pasta and cook for another 10 minutes until the topping has browned.

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