

Mustardy Cauliflower Cheese by Yotam Ottolenghi

The recipe (serves 4)

- 1 large cauliflower, broken into roughly 4cm florets (700g)
 - 2 tbsp unsalted butter
 - 1 medium onion, peeled and finely diced
 - 1½ tsp cumin seeds
 - 1 tsp mild curry powder
 - 1 tsp mustard powder Crumb Top Baking
 - 2 green chillis, deseeded and finely diced
 - 1 tsp black mustard seeds
 - 200ml / 6oz double cream
 - 120g / 4oz mature cheddar, roughly grated
 - ½ tsp salt
 - 15g / ½ oz panko breadcrumbs
 - 3 tbsp parsley, finely chopped
1. Heat the oven to 180C / 355F.
 2. Steam the cauliflower over boiling water for 5 minutes, until just softening. Then remove and set aside.
 3. Melt the butter in a round, 24cm / 9" (ovenproof) casserole pan on medium heat, and sauté the onion for about 8 minutes, until soft and golden.
 4. Add the cumin, curry, and mustard powders, and the chopped chili, and cook for another 5 minutes, stirring occasionally.
 5. Add the mustard seeds, cook for a minute more, then stir in the cream, 90g / 3 oz of mature cheddar, and the salt. Simmer for a minute or 2, so the sauce starts to slightly thicken, before adding the cauliflower. Stir gently; simmer for a minute more, then take off the heat. If not using an ovenproof casserole pan, now you'd need to transfer everything into an oven dish.
 6. In a small bowl, mix the panko, remaining cheddar and parsley. Sprinkle it over the cauliflower mix, then bake for 8 minutes in the oven until bubbling and hot.
 7. Brown under a high grill for 4 minutes until the top is golden and crispy
 8. Remove from the oven, leave to cool down slightly, and then serve.

This is comfort food at its best and is family favourite at my place. Serve it with some rice, roast chicken, sausages, or steak or just enjoy on its own.

