



# CAULIFLOWER MAC & CHEESE WITH PANGRITATA

<b>Season:</b>	<b>Autumn, winter</b>
<b>From the garden:</b>	<b>Cauliflower, parsley, spring onion, rosemary</b>
<b>Type:</b>	<b>Main</b>
<b>Difficulty:</b>	<b>Easy</b>
<b>Country of origin:</b>	<b>USA/Italy</b>
<b>Serves:</b>	<b>6 serves or 30 tastes</b>
<b>Source:</b>	<b>Andrea Habacht, GTT Kitchen specialist, Oropi school</b>

## Equipment

- \*chopping board
- \*knife
- \*medium saucepan
- \*large saucepan
- \*cheese grater
- \*wooden spoon
- \*whisk
- \*frying pan
- \*baking dish
- \*colander
- \*measuring cup and spoons

## Ingredients

- \*500 g macaroni
- \*2 tbsp butter or margarine
- \*2 tbsp flour
- \*1-1½ cups milk
- \*150 g cheese
- \*salt and pepper to taste
- \*1 tsp mustard
- \*1 cauliflower
- \*bunch of spring onions

### **For the pangritata:**

**\*food processor**

**\*few slices of stale bread**

**\*3 cloves of garlic**

**\*1 rosemary twig**

**\*handful of parsley and/or some finely sliced  
cauliflower leaves**

**\*oil for frying**

### **Method**

**1.bring water to a boil in a large saucepan, add 2 tsp of salt and cook pasta for 8-10 minutes. Drain and reserve 1 cup of the pasta water**

**2.wash the cauliflower and cut of the florets**

**3.wash and chop the spring onions**

**4.heat a little bit of oil or butter in a frying pan and cook the cauliflower for a few minutes. Add the spring onion and fry for another minute. (They get more cooking in the oven so they don't have to be fully cooked at that stage)**

**5.preheat oven to 220 degrees**

**6.grate the cheese**

**7.for the sauce heat around 2 tbsp of butter in a medium saucepan, then add 2 tbsp of flour, stir and cook for one minute**

**8.slowly add the milk while whisking to avoid any lumps**

**9. after all the milk has been added and the mixture has thickened, turn of the heat and add  $\frac{2}{3}$  of the grated cheese, mustard, salt and pepper to taste**

**10.mix the cooked macaroni with the cheese sauce and the cauliflower-onion mixture. Loosen it up with the reserved pasta water if it seems too thick, then pour the mixture into a baking dish**

**11.spread the rest of the cheese on top**

**12.put the macaroni into the oven and bake for around 15 min. until browned on top**

**13.for the pangritata, tear the bread into small pieces**

**14.pull the rosemary needles of the the twig**

**15.put the rosemary and the bread pieces into the food processor and blitz until you have got bread crumbs**

**16.chop the parsley and cauliflower leaves finely, peel and chop the garlic**

**17.heat a bit of oil in a frying pan, add the breadcrumbs and fry until they are golden brown**

**18..add the parsley, cauliflower leaves and garlic and fry for another minute**

**18. serve the pangritata on top of the pasta**

**Notes: “Pangritata” is also called “the poor man's parmesan”. It can be served on top of any pasta dish.**

**Skills: measuring, *mixing, grating, whisking, cutting***