



Cauliflower Mac 'n' Cheese

Believe it or not – it uses the entire cauliflower and kids love it

2 cups elbow macaroni
1 large cauliflower, cut into medium florets, stem chopped
2 cups whole or plant-based milk or as needed
3 large garlic cloves, coarsely chopped
2 tablespoons Dijon mustard
1 tablespoon sweet paprika
1 teaspoon sea salt
1-1/2 cups sharp cheddar cheese or mixed cheddar cheese, coarsely grated, divided

Caraway Rye Crust

4 tablespoons unsalted butter
1/2 to 1 tablespoon caraway seeds
8 ounces light rye bread, sliced
1 cup grated sharp cheddar cheese

- Preheat the oven to 350°F (180°C). Turn on the convection fan if you have one.
- Bring a large pot of salted water to boil. Add the pasta and cook until tender yet still slightly chewy, about 10 minutes. Drain the pasta, rinse; set aside; stir occasionally.

- Rinse the large pot, add half the cauliflower florets, and any chopped stems.
- Add milk, cook until hot; reduce heat; bring to a simmer over medium heat. Cover and cook until the cauliflower is tender, about 10 minutes. (I cooled my mixture a little before blending.)
- Transfer mixture to high-speed blender; add the garlic, mustard, paprika, and salt.
- Carefully purée until smooth. (Hot liquids can violently erupt. For safety, drape a kitchen towel over the blender, start slowly, then gradually increase the speed.)
- Return the sauce to the pot. Whisk in the 1-1/2 cups cheese until smooth. Stir in the pasta and remaining cauliflower florets. Transfer to a 13-by-9-inch baking dish.

Caraway Rye Crust and Baking

- Toss the butter into a small saucepan over medium-high heat. Swirl gently as it melts, steams, foams, and eventually lightly browns. (Watch carefully as it quickly turns brown; remove from heat quickly.)
- Remove from the heat and add the caraway seeds, swirling and gently toasting until fragrant, a minute or so.
- Break the bread into a food processor and pulse, grinding it into rough crumbs. Add the butter mixture and the 1 cup of cheese. Pulse just enough to mix into coarse crumbs. Spread into a thick, even layer over the mac 'n' cheese.
- Bake until golden brown and bubbly, about 45 minutes. Yield: Serves 8 to 12
Prep Time: 1 hour 15 - 30 minutes.

GGNotes: I used almond milk, both types of cheese, large garlic cloves, and needed an extra cup of milk since my cauliflower was very large. Chef Michael uses 16 ounces of cheese, but I added a little more to the pasta. The crust topping is delicious with the added caraway seeds.

Inspired recipe from: Chef Michael Smith shares some of his favorite vegetarian recipes from his new cookbook *Farmhouse Vegetables*

<https://more.ctv.ca/food/recipes/2023/the-social/09/cauliflower-mac-n-cheese.html>

About the Recipe: Imagine mixing a whole head of cauliflower into your favorite mac 'n' cheese. Half of the cauliflower is puréed into the sauce, making it hard to believe it's made with veggies. The rye bread topping, with an extra punch of cheese, adds a crispy touch that makes this dish a winner. You'll be amazed at how delicious vegetables can taste!