

Cauliflower Mac & Cheese

Ingredients	lbs / oz	Comments
Fresh bread crumbs	1 cup	
Unsalted butter	1 tsp	Melted
Flat-leafed parsley	½ cup	Minced
Salt	3 tsp	
Black pepper	1 ½ tsp	
Pancetta	8 oz	Medium diced, can be replaced with ham
Cauliflower	1 ½ lbs	Cut into ½ inch florets, can be replaced with carrots or asparagus
Unsalted butter	3 tbsp	
All-purpose flour	½ cup	
Milk	3 ½ cups	
Fontina cheese	2 cups	Shredded, can be replaced with Parmesan
Gouda cheese	2 cups	Shredded, can be replaced with Sharp Cheddar
Cayenne pepper	1/8 tsp	
Nutmeg	1/8 tsp	Freshly grated
Heavy cream	½ cup	
Dry pasta	1 lb	

Method:

1. Cook pasta al dente by following directions on package. Rinse pasta in cold water to stop from cooking.
2. Preheat oven to 375 °F.
3. In a large bowl, combine bread crumbs, melted butter, parsley, 1 tsp of salt, and ½ tsp pepper. Set aside.
4. In a 4-quart oven-safe pot over medium heat, cook the pancetta or ham until crispy. Transfer to a small bowl and reserve the fat in the pot.
5. If working with pancetta, leave the rendered fat in the bottom of the pot. Add cauliflower and cook until caramelized and tender. If working with ham, add 4 tbsp butter to the pot before adding the cauliflower.
6. Transfer the cauliflower to a bowl. Add 2 tbsp water to the pot and stir to scrape up the browned bits. Add to the bowl with the cauliflower.
7. Wash and dry pot.
8. In the same pot over medium heat make the roux: melt the remaining 3 tbsp butter; add the flour and cook, stirring frequently, until mixture has an applesauce consistency.
9. Whisk in the milk and bring to almost a boil. Remove from the heat. When bubbles disappear, add the cheeses, 2 tsp salt, 1 tsp black pepper, cayenne, nutmeg and cream. Stir until melted. Then stir in the pasta, pancetta, and cauliflower. Sprinkle the bread crumb mixture on top.
10. Bake for 35 minutes. The internal temperature should read 165 °F.