



8

SERVES/MAKES



COOKING TIME:
< 45 min



COOKING STYLE:
Oven

LANCEWOOD® CRUSTLESS CAULIFLOWER & CHEESE TART

INGREDIENTS:

450 g cauliflower florets

30 ml butter

1 onion, chopped

1 large clove garlic, crushed

Salt and freshly ground black pepper to taste

2 x 150 g **LANCEWOOD® Cheddar**, grated or 150 g **LANCEWOOD® Cheddar** and 150 g **LANCEWOOD® White Cheddar**

1 x 250 g **LANCEWOOD® Cultured Cream** or **Sour Cream**

4 extra large eggs

10 ml Hot English mustard

Rocket for serving

METHOD:

Cook the cauliflower in salted water until just soft. Drain very well and set aside. Heat the butter and fry the onion until soft and golden. Add the garlic and fry for 1 minute. Add the cauliflower and toss to coat with butter. Season to taste. Spoon into a well buttered deep tart dish. Sprinkle the cheese over and toss lightly. Beat the cultured cream, eggs and mustard together and pour over. Bake in a preheated oven at 180°C for 30 – 40 minutes until golden and set. Serve with rocket.

PRODUCTS USED:



Sour Cream



Cheddar



White Cheddar



Cultured Cream

ENJOY!