

**Ingredients:**

2 pounds cauliflower florets  
1/4 tsp salt  
56g ghee, divided  
4 tablespoons all-purpose flour (to make gluten free, use rice flour)  
2 cups hot [oat] milk  
  
1 tsp grated nutmeg  
100 grams freshly grated Manchego, divided  
40g freshly grated Parmesan  
2 slices bread whizzed in food processor to make crumbs

**Directions:**

**1** Preheat the oven to 375 degrees F.

**2** Steam the cauliflower florets for 2½ minutes until crisp tender. Drain and dump into large mixing bowl.

**3** Meanwhile, melt 30g of the ghee in a medium saucepan over low heat. Add the flour, stirring constantly with spoon or whisk for 2 minutes. Pour the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly, for 1 minute, or until thickened. Off the heat, add salt, nutmeg, 2/3 of the Manchego and the Parmesan. Pour the sauce over the cauliflower and mix well; then dump all into a baking dish.

**4** Melt the remaining 30g of ghee; combine the bread crumbs with the melted ghee; then fork in the remaining Manchego. Sprinkle (??) this mixture on top of the cauliflower and sauce.

**5** Bake for 25 to 30 minutes, until the top is browned. Serve hot or at room temperature