

CAULIFLOWER, CORN AND CHEESE PIES

Equipment needed –

Small knives, chopping boards, 2 large saucepans, measuring spoons, grater, electric scales, pastry cutters and ramekins.

Ingredients from the Garden –

- 2 large cauliflowers
- 1 cup of frozen peas
- 2 cups of corn

Ingredients from the Pantry –

- Puff pastry
- 1600 ml of skim milk
- 400 grams of cheese
- 120g of plain flour
- 2 teaspoons of English mustard
- 120 grams of butter

What to do –

1. Preheat the oven to 200°C.
2. Measure out the butter and add to the large saucepan. Measure out the flour and add to the pan with the butter. Cook over a medium heat for 2 minutes mixing with a wooden spoon.
3. Measure out the milk. Remove the pan from the heat and gradually add the milk stirring constantly to prevent lumps from forming. Place back over a medium heat and cook for 5 minutes until thickened.
4. Meanwhile grate the cheese. Add the cheese, mustard and season with salt and pepper.
5. Cut the cauliflower into florets. Place in a pan of boiling water and cook for 3 minutes until softened.
6. Add the corn and peas and cook for a further 2 minutes.
7. Drain the vegetables in a colander over the sink and drain. Add the vegetables to the cheese sauce. Mix well to combine.
8. Divide the vegetable mixture between the ramekins.
9. Meanwhile cut rounds of pastry to fit the top of the ramekins.
10. Top each dish with the pastry, press down firmly and brush with the extra milk. Bake for 25-30 minutes or until golden.

Serves –

- 28 students.