

---

# Cauliflower with Cheese & Whiskey

Mary Ann Vitale, Great New Cooking Class, 3/2015

Internet address:



2 medium cauliflower  
2 cups heavy cream  
4 ounces Gruyere cheese, grated  
4 ounces sharp cheddar cheese, extra-sharp if possible  
4 ounces Scotch (use a blended whiskey)  
1 pinch fresh nutmeg, grated (about 3-4 swipes across a mini-grater)  
Salt and freshly ground black pepper to taste  
2 tablespoons rolled oats, [I might add another 1/2 T)  
4 tablespoons walnuts, lightly toasted, chopped

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 6

1. Cut cauliflower into florets and cook in boiling, salted water for about 5 minutes (under-done). Drain and place in a buttered casserole dish.
2. Preheat oven to 350°.
3. Heat cream in a big skillet, add the cheeses and stir to combine. When cheeses are melted, remove from the heat, stir in whiskey and oatmeal. Season with salt and pepper and add the freshly grated nutmeg. This mixture will be thinner than you might think - it will thicken some as it bakes.
4. Pour the cheese mixture over the cauliflower and sprinkle top with chopped walnuts. Bake for 40-45 minutes or until golden brown and bubbly. (Cauliflower will have a beige color to it - it doesn't affect the taste.) The sauce may be too thin for your taste - if so, add a little bit more oatmeal. (In the class we thought there was probably too much sauce altogether - maybe it could be reduced by half?)

---

Per Serving (excluding unknown items): 518 Calories; 45g Fat (83.3% calories from fat); 14g Protein; 6g Carbohydrate; 1g Dietary Fiber; 149mg Cholesterol; 221mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 8 Fat.