
Stuffed Cauliflower

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

2 medium cauliflower heads

1/2 cup elbow macaroni

1/3 cup (5 ounces) sliced smoked ham, finely diced

1/4 cup butter

1/4 cup flour

3 egg yolks

juice of 1/2 lemon

1 cup grated Parmesan cheese

Cook the cauliflower in salted water until just tender. Save the liquid.

Place one cauliflower, head down, in an oven-proof dish. carefully scoop out the stems at the center, not allowing the head to break apart.

For the filling: Cook the macaroni in salted water until tender. Add a little drawn butter, ham and 1/2 cup of grated Parmesan cheese. Place the filling in the hollowed out cauliflower head. Place the second cauliflower head with the center stems scooped out on top of the first head to form a ball.

For the sauce: Make a light roux from the butter and flour. Add enough cauliflower liquid (about two cups) to create a thickened sauce. Cool.

Add the egg yolks and juice of 1/2 lemon. Pour the sauce over the cauliflower ball. Sprinkle with the remaining Parmesan cheese.

Place in a 350 degree oven until it browns.

(Looks very attractive on a buffet table.)

Yield: 4 to 6 servings

Side Dishes

Per Serving (excluding unknown items): 1199 Calories; 88g Fat (66.1% calories from fat); 52g Protein; 49g Carbohydrate; 2g Dietary Fiber; 835mg Cholesterol; 2240mg Sodium. Exchanges: 3 Grain(Starch); 6 Lean Meat; 13 Fat.