

WHITE SAUCE

with Cashew Nuts & Cauliflower

Soak for 20 minutes in boiling water, then rinse and drain: *75 g plain cashew nuts (125 ml)*

Glaze on low heat in a shallow pot without browning: *30 ml sunflower oil*
1 medium onion, chopped
pinch nutmeg

Add the following to the onions in the pot and boil with a closed lid until very soft, 10-12 minutes: *300 g cauliflower pieces (500 ml)*
500 ml boiling water
10 ml vegetable stock powder
20 g nutritional yeast (60 ml)*
1.25 ml salt (or to taste)
pepper to taste
soaked cashew nuts

Blending - remove the pot from the stove and cool slightly before transferring the content of the pot to a high-speed blender. Puree until super smooth.

The sauce is now ready to use on roasted vegetables, in pasta dishes or over pies or boiled potatoes.

This sauce also freezes well - simply thaw from frozen and whisk to remove what may appear as curdled. Heat through.

***nutritional yeast** - get this from a Health shop, Dischem or Super Spar. **DO NOT OMIT THIS INGREDIENT**—it adds a delicious taste to your dish.

Add-ins:

Choose from the following for specific flavour, add one or two from this list just before blending:

- 2-3 cloves garlic, minced
- 15 ml made mustard
- 15 ml fresh lemon juice
- A handful of baby spinach
- A handful of rocket or a selection of herbs
- Commercial vegan cheese, grated
- Tomato puree