

# Keto 6-Cheese Cauliflower "Mac" and Cheese

This recipe transforms simple cauliflower into a rich, decadent, and completely carb-free version of macaroni and cheese, leveraging the sharp, salty, and earthy notes of six distinct cheeses.

**Yields: 6 servings**

**Prep Time: 15 minutes**

**Cook Time: 35 minutes**

## Ingredients

### Primary Ingredients

| Item                 | Quantity        | Notes                                          |
|----------------------|-----------------|------------------------------------------------|
| Cauliflower          | 1 large head    | Chopped into florets (about 6-7 cups).         |
| Heavy Whipping Cream | 2 cups          | Forms the base of the creamy sauce.            |
| Cream Cheese         | 2 oz (optional) | Helps stabilize the sauce and adds extra body. |
| Butter               | 2 Tbsp          | Used for initial sautéing of aromatics.        |

### The Six Cheeses (Grated/Shredded)

| Item          | Quantity       | Notes                                                             |
|---------------|----------------|-------------------------------------------------------------------|
| Sharp Cheddar | 1 cup (packed) | Shredded for its classic sharpness.                               |
| Gouda         | 1/2 cup        | Shredded for its mild, nutty flavor and excellent melt.           |
| Gruyère       | 1/2 cup        | Shredded for its complex, earthy flavor.                          |
| Brie          | 4 oz           | Rind removed, cubed, and added near the end for ultra-smoothness. |

|                    |         |                                                                  |
|--------------------|---------|------------------------------------------------------------------|
| <b>Goat Cheese</b> | 2 oz    | Soft chèvre, added early to build tanginess into the cream base. |
| <b>Parmesan</b>    | 1/4 cup | Grated, added for a salty, umami finish.                         |

## Seasoning & Aromatics

| Item                   | Quantity | Notes                                                              |
|------------------------|----------|--------------------------------------------------------------------|
| <b>Garlic</b>          | 2 cloves | Minced.                                                            |
| <b>Dijon Mustard</b>   | 1 tsp    | Crucial for emulsifying the sauce and enhancing the cheese flavor. |
| <b>Smoked Paprika</b>  | 1/2 tsp  | Adds warmth and depth.                                             |
| <b>Nutmeg</b>          | Pinch    | Freshly grated nutmeg complements Gruyère beautifully.             |
| <b>Salt and Pepper</b> | To taste | Start with 1/2 tsp salt, adjust at the end.                        |

## Instructions

### 1. Prep the Cauliflower (The "Mac")

1. Preheat your oven to **400°F (200°C)**.
2. Toss the cauliflower florets with 1 tablespoon of olive oil, salt, and pepper.
3. Spread on a baking sheet and **roast for 20-25 minutes**, until fork-tender and slightly caramelized on the edges. Roasting adds a crucial depth of flavor that steaming misses. Set aside.

### 2. Prepare the Cheese Sauce Base

1. Melt the **butter** in a large, heavy-bottomed pot or Dutch oven over medium heat.
2. Add the minced **garlic** and cook for about 1 minute until fragrant.
3. Pour in the **heavy whipping cream** and bring the mixture to a low simmer. Reduce the heat immediately to low and let it gently thicken for about 5 minutes.
4. Whisk in the **cream cheese** (if using), **Goat Cheese**, and cubed **Brie** until completely smooth.

### 3. Melt the Remaining Cheeses

1. Reduce the heat to the lowest possible setting. Slowly add the remaining hard and semi-hard cheeses (**Cheddar, Gouda, Gruyère, and Parmesan**) a handful at a time, whisking constantly until each addition is fully melted and incorporated. **Do not boil** the

sauce, as high heat will cause the cheese to separate.

2. Stir in the **Dijon mustard**, **smoked paprika**, and **nutmeg**. Taste and adjust with salt and pepper.

#### **4. Combine and Serve (or Bake)**

1. Gently fold the roasted **cauliflower florets** into the cheese sauce until they are completely coated.
2. **For a stovetop finish:** Serve immediately, topped with a sprinkle of extra Parmesan or fresh chives.
3. **For a baked finish (Recommended for texture):** Transfer the mixture to a large, buttered casserole dish. Top with 1/4 cup of extra shredded Parmesan (or Cheddar) and a little more smoked paprika. Bake at **375°F (190°C)** for **10-15 minutes**, or until the top is golden brown and bubbly.

Enjoy your rich, low-carb feast!