

### Frosted Cauliflower

1 medium head cauliflower  
1/2 cup mayonnaise  
1/4 tsp. salt  
1-2 tsp. prepared mustard  
1 tsp. dry mustard (optional)  
3/4 cup grated sharp Cheddar cheese  
Paprika

Using a Chefs Series knife, slice off the woody base of cauliflower, but leave whole. Aerate the cauliflower core with knife to make it more porous (it will cook more quickly).

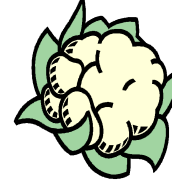
Place head in Tupperware microwave container and cook, covered, for 6 minutes per pound. Rest, covered, for an additional 5 minutes. Season cauliflower, if desired.

In the 2 cup Tupperware Micro Pitcher mix mayonnaise, salt and mustard. Cover with 1 cup Micro Pitcher and heat 45 seconds to 1 minute at 70% power. Spread this mixture over the head of cauliflower, and sprinkle the grated cheese on top. Put cauliflower back into Microwave for 1 minute at 70% power or until cheese is melted.

Sprinkle with paprika

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