

Cauliflower and potatoes with vegan bechamel au gratin

Posted on May 12,2011 by hiulitscuisine

Ingredients:

(2 servants)

- 1 cauliflower
- 3 potatoes

(for the bechamel sauce)

- 1/2 onion
- 2 tbsp corn flour
- 2 tbsp margarine
- 2 cups plain soy milk
- nutmeg (*optional*)

Preparation time:

- 45 min

Directions:

1. Preheat oven to 180°C.
2. Choose the cauliflower and boil for 20 min.
3. Peel off the potatoes, cut into cubes and add to the cauliflower after it has been boiling for 10 min.
4. Melt the margarine in a saucepan and fry the diced onion at slow-medium fire. When golden, add the flour and let it toast a bit.
5. Pour soy milk and do not stop stirring for 5-10 minutes, depending on the thickness desired. Add salt and pepper (*optionally, add a teaspoon of nutmeg*).
6. Move the boiled cauliflower and potatoes to a gratin dish, sprinkle olive oil and pour the bechamel over.
7. Bake in the oven for 20-30 min.

Notes:

- Beware of the salt in the bechamel since both the soy milk and onions are "sweet".
- Nutmeg also helps to correct the "sweetness".

Posted in: Main Courses, Recipes, Traditional / Mediterranean Cuisine |

Tagged: Cauliflower, Margarine, Nutmeg, Onion, Potato, Soy Milk, Wheat Flour | With 0 comments