

Cauliflower gratin

Ingredients

For 3 or 4 people:
300 g of cauliflower in frozen flowers.
2 or 3 potatoes.
1/2 l of Béchamel sauce.
Gruyère to gratin.

Preparation

Peel the potatoes and cut them into.
Steam the potatoes and cauliflower: about 25 minutes normal steam, 9 minutes in a pressure casserole dish. It is necessary to salt the cooking water with 1 teaspoon of salt.
Preheat the oven to 180 ° C.
In a baking dish, put the cauliflower and the potatoes, roughly crush with a gossip.
Pour the béchamel over it, crush a little to make it penetrate.
Sprinkle with grated Gruyère.
Bake for about 20 minutes.

Meat

Can be served as an accompaniment to all meats: chopped steak, toast beef, roast ...