

Cauliflower Gratin

Ingredients

For 3 or 4 people:
300 g of frozen cauliflower florets.
2 or 3 potatoes.
1/2 L of béchamel sauce.
Gruyère for gratin.

Preparation

Peel the potatoes and cut them into cubes.
Steam the potatoes and cauliflower: about 25 minutes in normal steam, 9 minutes in a pressure cooker. You need to salt the cooking water with 1 teaspoon of salt.
Preheat the oven to 180°C.
In a baking dish, place the cauliflower and potatoes, roughly mash with a potato press.
Pour the béchamel over it, crush it a little to make it penetrate.
Sprinkle with grated gruyere.
Bake for around 20 minutes.

Meat

Can be served as an accompaniment to all meats: ground steak, grilled beef, roasts, etc.