

Cabbage and Leek Gratin

Marie, A Year from Oak Cottage blog, 2/10



Servings: 8

*1 head cabbage
3 medium leeks
3 tablespoons butter
3 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
freshly grated nutmeg to taste
a dash of hot pepper sauce
1 1/2 cups milk, 2% is fine
9 ounces cheese, cheddar or Gruyere and
Parmesan, grated
1 cup fresh bread crumbs (I used panko)
2 tablespoons butter, melted*

Per Serving (excluding unknown items): 141
Calories; 9g Fat (56.8% calories from fat); 3g
Protein; 13g Carbohydrate; 1g Dietary Fiber;
26mg Cholesterol; 268mg Sodium. Exchanges:
1/2 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk;
2 Fat.

If you have a small head of cabbage it might not serve 8 people.

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1. Remove any old leaves from the outside of the cabbage. Cut it into quarters and remove the core. Shred or slice coarsely.
2. Trim the leeks, cut in half and wash them thoroughly. Shred them coarsely as well. Mix them into the cabbage.
3. Bring a large pot of lightly salted water to the boil. Add the vegetables. Bring back to the boil, and then reduce the heat to a simmer and cook them for about 5 to 6 minutes, just until barely tender. Drain in a colander and allow to sit for a brief time to drain - to get as much water out as you can. You don't want any of the water to dilute the cream sauce.
4. Preheat the oven to 180°C/375°F.
5. Make cream sauce by melting the 3 T butter in a saucepan. Stir in the flour and cook, stirring over medium heat, for about one minute. Slowly whisk in the milk and cook, whisking constantly, until smooth and nicely thickened. Season to taste with some salt, pepper and grated nutmeg. Add a splash of hot pepper sauce to taste. Add the shredded cheese (reserving a bit of it to sprinkle on the top).
6. Put the cabbage mixture into a buttered shallow dish. Pour the cream sauce over the top and allow it to soak in for a few minutes, while you make the crumbs for on top. Sprinkle the cream sauce with the reserved grated cheese.
7. Melt the 2 T of butter and then stir in the bread crumbs, mixing all together well. Sprinkle the buttered crumbs evenly over the top of the casserole. Bake in the preheated oven for 25 to 30 minutes, until nicely bubbling and the crumbs are lightly browned on top. If the top isn't browned, put under the broiler for a few minutes until golden brown. Watch carefully so it doesn't burn.