

THE RECIPE

Broccoli gratin with Parmesan cheese

CULTURE

24_10_2020



BROCCOLI GRATIN WITH PARMESAN CHEESE

Ingredients (serves 6):

800g broccoli (or a large bunch)

50g butter

500ml milk
50g flour
2 egg yolks
50g grated Parmesan
50g grated Gruyere
2 pinches nutmeg
Salt and freshly ground black pepper

Remove the florets from the broccoli, finely chop the stalks, wash them and cook them in boiling salted water for about 5 minutes. Drain and set aside.

Mix the two grated cheeses.

Heat the butter, when it is melted, add the flour and stir continuously until it forms a homogeneous mixture (about 2 minutes).

Add the milk and stir over low heat until the béchamel sauce has thickened.

Remove from the heat, add 2 pinches of nutmeg, 3/4 of the grated cheese, the 2 yolks, salt and pepper. Mix well.

Transfer the broccoli into a buttered ovenproof dish, then pour the béchamel sauce over it, grate some black pepper, sprinkle on the rest of the cheese, and top with a few knobs of butter.

Bake (under the grill) for a good ten minutes, until a crust forms. Serve hot.

What wine is best served with this dish? Broccoli goes well with white wine. I recommend a Bolgheri DOC or a Vougeot Blanc.

(Liana Marabini)