

Potato Bake

Ingredients:

Vegetables:

2 scrubbed potatoes

Roux Sauce:

2 Tbsp butter

2 Tbsp flour

1 clove of garlic - finely chopped

1 ½ cups of milk

⅛ tsp Nutmeg

¼ tsp salt (about 3 or 4 grinds)

3 grinds of pepper

Topping:

2 Tablespoons of dry breadcrumbs

1 tsp dried herbs

2 pinches of masala spice

Salt and pepper

½ cup grated cheese

Thinly sliced tomatoes (Optional)



Method:

Turn on oven to 200 degrees Celsius before you do anything else.

Vegetables:

Chop potatoes into cubed pieces and cook for 10 minutes. (A knife should be able to go easily into the cooked potatoes.)

Drain potatoes and place them evenly into the baking dish.

Add the white sauce to the potatoes and gently mix.

Roux sauce:

(See separate sheet)

Topping:

Mix together everything except the cheese then spread evenly over the potatoes and roux sauce. Spread grated cheese over potato-bake then place in the pre-heated oven for 10 minutes.

Roux sauce: (White sauce)



Ingredients:

- 2 Tbsp butter
- 2 Tbsp flour
- 1 clove of garlic - finely chopped
- 1 ½ cups of milk
- ⅛ tsp Nutmeg
- ¼ tsp salt (about 3 or 4 grinds)
- 3 grinds of pepper

Method:

- Chop the garlic clove.
- Put the butter into a saucepan and put on the stove to melt.
- Add the chopped garlic and **remove from the heat**.
- Add the flour and stir with a whisk.
- Add the milk and stir, then put back on a moderate heat.
- Stir with the whisk until it thickens, then remove from the heat and add the rest of the ingredients.

