

Peachgrove Vege Bake

Ingredients:

Vegetables:

2 scrubbed potatoes
1 piece of pumpkin - without skin
1 medium floret of broccoli
1 medium floret of cauliflower
1 carrot

Roux Sauce:

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

Topping:

¼ cup of dry breadcrumbs
1 tsp dried herbs
2 pinches of masala spice
Salt and pepper
½ cup grated cheese

Method:

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

Vegetables:

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

Drain vegetables and place them evenly into the baking dish.

Roux sauce:

(See separate sheet)

Topping:

Mix together everything except the cheese then spread evenly over the vegetables and roux sauce. Spread grated cheese over vege-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
- ¼ tsp Nutmeg
- ¼ tsp salt (about 3 or 4 grinds)
- 3 grinds of pepper

Method:

- 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.

Dressing:

In a small bowl mix together

1 Tbsp of vinegar, 3 Tbsp of oil, 1 tsp of sugar, and a little salt and pepper.

Put over salad just before serving.