

Cauliflower Dubarry



Serves 4 Prep 5 mins

Cooking 10 mins

Easy

Ingredients

1 cauliflower
100 g Emmental cheese
100 g Parmesan cheese 3 eggs
100 ml whipping cream
Salt, pepper and nutmeg

1. Clean off the cauliflower head, divide it into even-sized florets, and wash. Next, cook the florets in boiling, well-salted water until al dente. Strain, rinse in cold water, and leave to drain. You can carefully squeeze the florets with a muslin cloth to dry them out more.
2. Cauliflower cooking times should be kept short to minimise the loss of nutrients and so, to optimally preserve vitamins, it is recommended to steam them lightly for 3 to 4 mins until al dente.
3. Grate the Emmental and Parmesan cheeses, and whisk together with the eggs and whipping cream. Season with salt, pepper and nutmeg to taste. Warm the mixture until it starts to thicken and the cheese has melted.
4. Finally, evenly spread out the drained cauliflower florets in a gratin dish, pour over the egg, cream and cheese mixture, and bake in the oven or under the grill until golden brown
5. Serve on its own or with sausages or other meats, such as rack of lamb.