

Cauliflower Gratin with Rice and Roquefort

Ingredients:

1 hd Cauliflower
1 litre Veggie Broth
1 tablespoon Vinegar
1 cup Whole Grain Rice
2 tablespoons Flour
200 g Butter
200g Roquefort (or Blue) Cheese
3 Egg Yolks
3 Egg Whites, Beaten
1 tablespoon Butter
100 g Grated Cheese

Cook cauliflower, not too soft, in the veggie broth including vinegar (15 min.). Cook rice in 2½ cups of veggie broth. Lightly brown the flour in a skillet without using shortening. Let cool, then add 3 ladles of the cauliflower broth and bring to a boil. Add butter, Roquefort cheese and the cooked rice. Stir in egg yolk and beaten egg whites. Add seasoning salt and pepper, if desired.

Place the mixture into a buttered casserole dish, placing cauliflower in the middle. Sprinkle with half the melted butter. Bake in oven at 200 ° C (20 min.). Pour the remaining butter over the cauliflower and sprinkle the grated cheese over the top. Voilà! May this taste of Europe with Canadian ingredients crown our dining tables.