



PUMPKIN &
CAULIFLOWER GRATIN

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30g salted butter
1 onion, thinly sliced
4 tbsp plain flour
500ml whole milk
225g pumpkin, diced
½ tsp cayenne pepper
300g Cheddar or gruyere cheese, grated
1 large cauliflower, cut into florets
1 tsp dried sage
salt and pepper

- Pre-heat the oven to 200°C/gas mark 5
- Put the pumpkin pieces in a roasting tray with a few knobs of butter, cover with tin foil and bake for 30 minutes until soft, stirring occasionally
- In a large oven-safe pan, melt the butter over a medium heat
- Add the onion and cook, until soft and slightly caramelised, about 10 minutes
- Stir in the flour and cook for 30 seconds more
- Slowly add the milk and cook until thickened, then remove from the heat and stir in the cayenne pepper, dried sage, half of the grated cheese and season with salt and pepper
- Add the diced, roasted pumpkin and the cauliflower, then mix to combine making sure that the pumpkin and cauliflower are coated well in the sauce
- Top with the remaining cheese, cover with a lid or foil and transfer to the oven and bake for 30 minutes
- Uncover and bake for another 10-15 minutes until the cauliflower is tender and the top is golden

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