

Vegetable Gratin

by Healing Family Eats

Prep time: 25 minutes

Cook time: 50 minutes

Serves 4 as a side

Vegetables –

2 fennel bulbs, cut lengthways

2 leeks, cut into 3 inch pieces

8 oz large broccoli florets, cut into large florets

4 tablespoons extra virgin olive oil

10 anchovy fillets, rinsed, drained and halved

Cheese sauce –

3 tablespoons bacon grease or other fat

3 tablespoons cassava flour

1 cup coconut milk

1 cup water

1/4 cup nutritional yeast, or 1/3-1/2 cup parmesan cheese (stage 3 reintroduction)

Generous pinch Himalayan pink salt

1 oz plantain chips, crushed

Preheat oven to 400F.

Put the vegetables into a large roasting pan and pour over the olive oil. Bake for 30 minutes, turning over half way.

Meanwhile make the sauce. Heat the fat in a medium pan and add the cassava flour. Stir for a minute on a low-medium heat to cook out the flour taste.

Pour in the coconut milk, stirring constantly to avoid lumps. Pour in the water and continue stirring. Simmer for 2-3 minutes, stirring frequently to prevent the sauce from sticking to the pan. Remove from the heat and stir in the nutritional yeast. Add sea salt to taste.

Remove the vegetables from the oven and add the anchovies.

Pour the sauce over the vegetables and spread it to cover them. Sprinkle over the crushed plantain chips and return to the oven for 20 minutes until piping hot and golden.

