



## CAULIFLOWER AND FENNEL GRATIN

**Season:** summer, autumn, winter  
**From the garden:** cauliflower, fennel, garlic, parsley  
**Type:** *bake*  
**Difficulty:** *easy*  
**Country of origin:** france  
**Serves:** *6 serves or 35 tastes*  
**Source:** [www.insimoneskitchen.com](http://www.insimoneskitchen.com)

### Equipment

- \*measuring spoons
- \*measuring cup
- \*chopping board
- \*knife
- \*frying pan
- \*cooking pot
- \*colander
- \*garlic press
- \*cheese grater
- \*baking dish

### Ingredients

- \*1 *tblsp olive oil*
- \*2 cloves garlic
- \*1 fennel bulb
- \*1 cauliflower (medium to large)
- \* $\frac{1}{2}$  cup of cream
- \*1 cup grated cheese
- \* $\frac{2}{3}$  cup fresh breadcrumbs
- \*2 *tblsp* chopped parsley
- \*1 *tsp* salt plus pepper to taste
- \*(optional)  $\frac{1}{2}$  cup of seeds (pumpkin, sunflower..)

### Method

1. preheat oven to 230 degrees
2. bring some water to the boil in a big pot
3. peel the garlic and mince

4. slice the fennel thinly
5. wash the cauliflower and cut into florets
6. add the cauliflower into the pot with boiling water and blanch for 4 minutes
7. heat the oil in a frying pan and fry the garlic and fennel until softened
8. drain the cauliflower in a colander and add to the garlic and fennel
9. fry for another few minutes
10. dip the cauliflower, fennel and garlic mixture into a baking dish and add ½ cup of the cheese, cream, salt and pepper
11. mix well
12. sprinkle remaining cheese, breadcrumbs, parsley and seeds (if using) over the top
13. put in the oven and bake for around 20 minutes until golden brown

**Notes:** “gratin” means “crust” in french and the crust is normally made with breadcrumbs or cheese or both. a ‘gratin’ is usually made in a shallow dish and baked until golden brown.

**Skills:** *slicing, measuring, grating, sautéing*