



Allotment Gardening In North Essex -- At Home In The Kitchen

Leeks Gratin

Ingredients: 4 portions

4 leeks (6oz each)
1/2 pt Cheese Sauce
Seasoning to taste
1oz grated cheese

Cheese Sauce:

1/2 litre 1pt milk
50g 2oz margarine
50g 2oz flour
50g 2oz Grated cheese
1 egg yolk

Method:

1. Wash and trim the leeks cut 3/4 through the length of the leek
2. Place under running cold water to remove any dirt.
3. Tie in a bundle and cook until tender in boiling salted water 15min - 20 min **
4. Drain well, and fold in two
5. Coat with the cheese sauce, sprinkle with the cheese and brown under the grill.

** while leeks are cooking prepare the cheese sauce:

1. Melt the margarine in a pan
2. Add the flour and mix in
3. Cook for a few minutes over a very gentle heat without colour
4. Allow to cool slightly
5. Gradually add the hot milk and stir till smooth
6. Simmer for about 20 min.
7. Strain add Cheese and the egg yolk.
8. When the leeks are folded finish as above.