



Potatoes Au Gratin

Yields 6 portions



INGREDIENTS

Mornay Sauce

- 2 tbsp butter
- 3 tbsp all purpose flour
- 2C litre milk
- ½ cup grated swiss cheese
- ¼ cup grated parmesan cheese
- Salt & pepper to taste
- Nutmeg to taste

INSTRUCTIONS

Mornay Sauce

1. Start with a heavy bottom saucepan heated to low heat. Melt the butter in the saucepan.
2. Add the flour- mixing with a wooden spoon, cooking for one minute while you keep it moving so that it does not stick or burn.
3. Add milk into the pot, whisking while you pour.
4. Turn up the heat to medium-high. And whisk constantly, keeping the sauce moving and making sure nothing sticks and burns at the bottom of the pot.
5. Bring the bechamel sauce to a boil and let boil for 1 minute.
6. Take the sauce off the heat.
7. Now, you have a basic bechamel sauce to act as a base for your Mornay Sauce.
8. Add in ¼ cup of freshly grated swiss cheese and freshly grated parmesan cheese. Mix the cheese in until it is melted completely.
9. Mix in a pinch of nutmeg, and add salt and pepper to taste.
10. Set aside the mornay cheese sauce while you prepare potatoes.

[Visit our blog](#) for more inspiring Living Loving Local meal ideas from Verve Senior Living.



Potatoes Au Gratin



INGREDIENTS

Potato Gratin

- 1 lb yellow potatoes (washed)
- 2 cups mornay sauce
- 2 tbsp melted butter
- 3 tbsp breadcrumbs (optional)

INSTRUCTIONS

Potato Gratin

1. Simmer potatoes over medium heat until tender, but still firm.
2. Drain potatoes, and set on a pan until cool enough to handle.
3. Peel and cut potatoes into dice approximately ½ inch x ½ inch in size.
4. Combine with the mornay sauce.
5. Brush muffin tins with melted butter
6. Spoon potato mixture into muffin pans
7. Bake in preheated oven at 350°F for about 25 minutes until hot and browned.

Bon Appetit!

For more inspiring Living Loving Local meal ideas from Verve Senior Living, [click here](#).