

ECO-JOURNAL

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Recipe for the month of April

This creamy, cheesy dish is a staple on dinner tables everywhere - and can also be adapted to a <u>vegan version</u>. Layers of thinly sliced potatoes bathed in a luscious cheese sauce, baked until bubbly and golden brown. It's the perfect side dish for any occasion, guaranteed to please even the pickiest eaters!







Association pour la santé environnementale du Québec - Environmental Health Association of Québec (ASEQ-EHAQ)



Scalloped Potatoes

3 tablespoons butter (or vegan butter).

1 small white or yellow onion, peeled and thinly sliced.

4 large garlic cloves, minced.

1/4 cup all-purpose flour (or any gluten-free flour).

1 cup vegetable stock.

2 cups whole milk (or half and half) (or any other milk of choice).

1 1/2 teaspoons salt.

1/2 teaspoon black pepper.

2 teaspoons fresh thyme leaves, divided.

4 pounds Yukon Gold Potatoes, sliced into 1/8-inch rounds.

2 cups freshly-grated sharp cheddar cheese*, divided (feel free to add more cheese if you'd like) (you can also use <u>vegan cheese</u>).

1/2 cup freshly grated Parmesan cheese, plus extra for serving (you can also use vegan Parmesan cheese).

Preparation:

- 1. Prep oven and baking dish: Heat oven to 400°F. Grease a 9 x 13-inch baking dish with butter or avocado oil, and set it aside.
- 2. Sauté the onion and garlic. Melt butter in a large pan over medium heat. Add onion, and sauté for 4-5 minutes until soft and translucent. Add garlic and sauté for an additional 1-2 minutes. Stir in the flour until it is evenly combined, and cook for 1 more minute. If using vegan flour, add as directed on the package.
- 3. Gradually pour in the stock, and whisk until combined. Add in the milk, salt, pepper, and 1 teaspoon thyme, and whisk until combined. Continue cooking for an additional 1-2 minutes until the sauce just barely begins to simmer around the edges of the pan and thickens. (Avoid letting it reach a boil.) Then remove from heat and set aside.



- 4. Layer the potatoes. Spread half of the sliced potatoes in an even layer on the bottom of the pan. Top evenly with half of the cream sauce. Then sprinkle evenly with 1 cup of the shredded cheddar cheese, and all the Parmesan cheese, or use vegan cheese. Top evenly with the remaining sliced potatoes, the other half of the cream sauce, and the remaining 1 cup of cheddar cheese, or vegan cheese.
- 5. Bake: Cover the pan with parchment paper and then with aluminum foil (It's best if the pan has its unique lid) and bake for 30 minutes. The sauce should be nice and bubbly around the edges. Then remove the foil and bake uncovered for 25-30 minutes, or until the potatoes are cooked through.
- 6. Cool. Transfer the pan to a cooling rack, and sprinkle with the remaining teaspoon of thyme and extra Parmesan, or vegan Parmesan.
- 7. Serve warm.

Source: https://www.gimmesomeoven.com/scalloped-potatoes-recipe/

Resources: <u>Vegan Butter</u>

Vegan Cheeses