

Winter Vegetable Croustade Au Gratin

2 Tbsp butter

1 onion chopped

2 cloves garlic chopped

4 cups your choice of winter vegetables peeled, and diced or cut into 1 inch sticks

(Carrots, turnips, rutabaga, celeriac, potatoes, sweet potatoes, parsnips etc)

1 tsp fennel seeds

2 cups Canadian old cheddar shredded

2 Tbsp butter, melted

2 slices whole wheat bread crumbled or diced

3 Tbsp chopped parsley

Salt and ground pepper

Method

Preheat oven to 400 deg F

In a large saucepan, melt butter and cook onion, garlic, till golden. Add diced vegetables and fennel seed and cook for further for 5 mins, till just starting to soften. Salt and pepper to taste and transfer to ovenproof dish.

In a bowl combine cheese, melted butter, breadcrumbs and parsley plus salt and pepper to taste. Top the vegetables evenly with the cheese mixture.

May be prepared in advance and baked or reheated in oven at the last moment to brown just before serving.

From Pleasure of Cheese – Cdn Milk Board