

Cheesy Broccoli

Ingredients:

5 cups chopped fresh broccoli
2 cups grated aged cheddar
cheese
½ cup parmesan cheese
4 cups milk
½ cup chopped onion
1/3 cup white all-purpose flour
1 ½ cup finely crushed Ritz
cracker- crumbs
2 tablespoons olive oil
2 cloves fresh garlic (minced)
1 stick salted butter (½ cup)
1 teaspoon salt
1 teaspoon pepper
2 tablespoons melted butter



Instructions:

Preheat oven to 375° F/190° C/Gas Mark 5

Pre cook the broccoli for 5 minutes in boiling water . (don't over cook!)
Drain and set aside.

Lightly sauté the onions in olive oil adding the garlic slightly after. Season the onion and garlic as you cook it with a little salt. Sauté for about 5 or 6 minutes. Remove from heat and combine with the broccoli in a large mixing bowl. Mix well and pour into a greased casserole dish.

Melt a stick of salted butter (½ cup) in a saucepan over medium to high heat, as it starts to boil gradually whisk in the flour and cook until it is a light sandy color. This should take about 2 ½ to 3 minutes. Add the salt and pepper. (*cont*)

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Slowly add the milk by whisking, and continue cooking until it thickens and comes to a boil. This should be an additional 4 to 5 minutes.



Then stir in cheddar cheese and continue to whisk until the cheese is melted.

Remove from heat and stir in the parmesan cheese.

Pour sauce over the broccoli. In a bowl, crush the Ritz crackers into crumbs and add the melted butter. Mix well and spoon over the casserole.

Cook uncovered for 45 minutes, or until golden brown.

Tip: For a faster sauce, mix 2 cans condensed Cheddar Cheese Soup, with 1 can of milk. (1 can is 284 mL, 10 oz) add 1/2 cup grated parmesan cheese, mix well and continue recipe.

