



MARGUERITE-STYLE CARDOONS AU GRATIN

BY PIERRE BOEHM

Ingredients (For 4 people)

- 800 g jar of cardoons
- 240 g Gruyère
- Bechamel sauce:
- 16 g butter
- 25 g wheat flour
- 1.3 dl milk
- Nutmeg, salt, pepper

Preparation:

Drain the cardoons and reserve the juice. Measure out 3 dl to reserve.

Spread the vegetables in a baking dish.

To prepare the bechamel, melt the butter in a saucepan. Incorporate the flour. Pour the milk and reserved cardoon liquid over it. Bring to a boil, stirring, then simmer the sauce for approximately 10 minutes. Season with nutmeg, salt and pepper. Coat the cardoons with the sauce.

Preheat the oven to 200 °C. Grate the cheese with a potato grater. Sprinkle it over the vegetables and bake for approximately 20 minutes.