

By: Miguel Ángel Mateos



Broccoli with **White Garlic** Béchamel.



DIFFICULTY
MEDIUM



COOKING STYLE
VEGETARIAN



AMOUNT
4



TYPE OF DISH
MAIN COURSE



PREPARATION TIME
30 MINUTES



TYPE OF GARLIC
WHITE AND/OR SPRING WHITE

INGREDIENTS:

- 4 cloves of White or Spring garlic
- 2 broccoli
- 500g of milk
- 50g of butter
- 50g of flour
- 50g of grated cheese for gratinée
- Teriyaki sauce
- Salt
- Extra-virgin olive oil

STEP BY STEP:



1. Peel the garlic, slice them, then cut them into strips and finally dice them.
2. Meanwhile, boil some water with a little salt and, once boiling, add the loose broccoli saplings. Leave for 4-5 minutes, ensuring that they are still green, but with an al dente texture. Drain and set aside.
3. **How to prepare the Béchamel:** Next, using a cooking pot, melt the butter over a medium heat and add the flour. Using the rods, stir constantly until you have a roux, a homogenous mass.
4. Add the chopped garlic to this mass and stir the mixture well for a few minutes.
5. Next, add all the hot milk at once, stirring constantly with the rods so as to avoid lumps.
6. Finally, add salt to suit your taste.



FINISHING THE DISH

7. Place the broccoli saplings in a circle on a round white plate. Use a ladle to add the garlic béchamel, covering the broccoli completely, ensuring that none remains around them.
8. Add grated cheese and use a blowtorch to toast it.
9. Finish the dish with a cordon of teriyaki sauce around the broccoli *au gratin*.



CHEF'S TIPS Miguel Ángel Mateos:

- The longer the béchamel cooks on the heat, the thinner it will be.
- If you want to enhance the taste of the garlic in the béchamel, add the chopped garlic cloves to the butter, allowing them to caramelize together and adding the flour once the garlic is soft. In this way, the béchamel will catch more of the caramelized garlic flavour.
- As with the broccoli, you can make this recipe with cauliflower, Swiss chard, asparagus, artichokes ...
- You can substitute part of the milk for vegetable broth, to enhance the flavour of these with the béchamel.