
Creamed Cauliflower and Peas

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

1 large cauliflower head (or 2 to 3 packages of frozen cauliflower)

1 package (12 ounce) frozen peas

1/2 cup butter or margarine

3/4 cup finely chopped onion

3 tablespoons flour

1/4 teaspoon pepper

1/4 teaspoon nutmeg

1 cup 15% cream

1/2 teaspoon salt

1 tablespoon butter, melted

1/4 cup bread crumbs

In a saucepan, cook the cauliflower and drain.

Cook the peas in 2/3 cup of water. Drain. Reserve the liquid.

Saute' the onion in 1/4 cup of butter until golden. Remove from the heat and stir in the flour, 1/2 teaspoon of salt, the pepper and nutmeg until blended. Gradually stir in the reserved 2/3 cup of vegetable liquid and the cream. Bring to a boil, stirring constantly. If slightly thick, thin with a little cream.

Gently combine the vegetables and the sauce in a two-quart casserole dish. In a bowl, combine the melted butter with the crumbs. Sprinkle over the vegetables.

Refrigerate, covered, overnight.

Preheat the oven to 400 degrees.

Bake, covered, for 30 minutes. Uncover and bake another 20 to 30 minutes.

Yield: 6 to 8 servings

Side Dishes

Per Serving (excluding unknown items): 1212 Calories; 106g Fat (77.2% calories from fat); 12g Protein; 58g Carbohydrate; 7g Dietary Fiber; 279mg Cholesterol; 2437mg Sodium. Exchanges: 3 Grain(Starch); 2 Vegetable; 21 Fat.