Silverbeet gratin

Equipment:
Tablespoon
½ cup measure
Measuring jug
Teaspoon
Chopping board
Knife
Lg saucepan
Colander
Lg frying pan
Bowl
Whisk
Wooden spoon
Ingredients

1 bunch silverbeet (about 900g)
2 1/2 tbsp butter
1/2 cup pouring cream
3 tbsp plain flour
450ml warm milk
Salt to taste
Cayenne pepper to taste
1/4 tsp ground nutmeg
90g parmesan cheese, grated
1-2 tbsp dry breadcrumbs
Olive oil spray

What to do:

Preheat oven to 200C.

Cut silverbeet stalks into 3cm pieces and cook in a large saucepan of lightly salted boiling water for 5-7 minutes.

Drain in colander and place in a bowl.

Meanwhile melt 1 tbsp butter in a very large frying pan over medium heat, add shredded silverbeet and stir for 3-4 minutes.

Add cream and simmer for three minutes. Remove from heat.

Melt remaining butter in the large saucepan (that was used for silverbeet stalks) over medium heat and stir in plain flour.

Gradually whisk in warm milk and stir continuously until mixture thickens enough to coat the back of the wooden spoon. Season with salt, cayenne pepper and nutmeg.

Add 30g of the parmesan cheese and stir over low heat until smooth.

Remove from heat, add silverbeet stalks and stir through.
Place creamy silverbeet leafy mixture in the base of a lightly greased ovenproof dish.

Spoon the sauce and stalks over. Sprinkle with the remaining parmesan cheese and breadcrumbs.

Bake until cheese is melted and golden.