



# GRILLED BROCCOLI GRATIN

SERVINGS: 4

ACTIVE TIME: 20 mins

TOTAL TIME: 30 mins

---

*Grilled Broccoli Gratin is a wonder of a side dish. The charred, smoky flavor from the hot grates of a grill blend perfectly with the natural bitterness of broccoli. The crispy florets are then draped in a lemony béchamel and shaved Parmesan cheese and popped under the broiler to achieve golden brown goodness. Give this recipe a shot the next time you fire up the grill!*

## Ingredients

- > 2 large heads broccoli
- > 2 tablespoons butter
- > 2 garlic cloves
- > 1/4 teaspoon red chile flakes
- > 1 tablespoon all-purpose flour
- > 1 cup whole milk
- > 1 tablespoon lemon juice
- > 1 teaspoon lemon zest
- > 1 cup shaved Parmesan cheese

## Directions

1. To make Grilled Broccoli Gratin, begin by trimming off the main stems of each of the heads of broccoli. Using a vegetable peeler, trim off the outer layer of the stems and then cut them in half lengthwise. Cut the heads of the broccoli into quarters. Arrange the cut broccoli into a pan or tray large enough to hold them all and drizzle with olive oil and season with salt and pepper.
2. While at the cutting board, go ahead and mince the cloves of garlic and remove the zest from the lemon. Slice the lemon in half and squeeze the juice from the lemon out into a small bowl, removing any seeds that might come out in the process.
3. Meanwhile, preheat your grill over medium heat. Allow the grates become hot before grilling. Using tongs, arrange the pieces of broccoli on the grill in an even layer. Grill the broccoli over medium heat or low coals for approximately ten minutes, turning the pieces over halfway, or until fork tender. Remove broccoli from the grill and set aside to cool briefly.
4. While the broccoli is cooling, melt the butter over medium heat in a small skillet. Add the garlic and red chile flakes and cook for 90 seconds, stirring constantly to keep the garlic from browning too quickly and burning. Reduce heat to medium-low and add the flour. Use a whisk to smooth out any lumps in the flour and stir occasionally for 2 to 3 minutes, or until the flour turns a light golden brown.

*continues on next page*



## Shopping List

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 2 heads broccoli | <input type="checkbox"/> red chile flakes  | <input type="checkbox"/> a lemon         |
| <input type="checkbox"/> butter           | <input type="checkbox"/> all-purpose flour | <input type="checkbox"/> Parmesan cheese |
| <input type="checkbox"/> garlic           | <input type="checkbox"/> whole milk        |  |

5. Add the milk to the pan and whisk until smooth. Allow the mixture to barely come to a boil and cook for 2 to 3 minutes, or until the liquid thickens. Remove the skillet from the heat and stir in the lemon juice and lemon zest and season with salt and pepper. Set aside for the moment.
6. Preheat the broiler on your oven. The broccoli should be cool enough to handle by now, so go ahead and chop the broccoli into bite size pieces and divide them evenly across four gratin dishes, or any other small, oven-safe bowls. Next, spoon a quarter of the béchamel over each dish. Finally, sprinkle a 1/4 cup of the Parmesan over each dish as well. Alternatively, you could use one large dish instead of individual portions and do the same layering process.
7. Arrange the gratin dishes onto a sheet tray and put under the broiler for 2 to 3 minutes, or until the cheese has melted and turned golden brown. Remove from the oven and serve immediately, making sure to place napkins or hot pads under the dishes to protect your dinner table.



MARKS PAGES  
LIKE A CHAMP

THE OFFICIAL  
SAUCY SPORK  
**COOK  
BOOK  
BOOK  
MARK**

ACCEPT NO  
SUBSTITUTES

Visit us online  
for more recipes,  
restaurant reviews,  
weekly blog posts,  
photo galleries,  
and more!

SAUCYSPORK.COM