



**GF Friendly**

## Eggs au Gratin boiled eggs in a creamy cheese sauce with stuffed potato

3-4 eggs, boiled and shelled  
150g grated cheddar cheese  
2 thick slices of tomato  
¼ tsp Cayenne pepper  
1 Tbsp plain flour (**GF** or wheat)  
1 Tbsp olive oil  
25g margarine or butter  
200ml milk  
¼ tsp salt (optional)  
1 large potato (baked in its jacket)



Pre-bake the potato to the point where it is cooked through, but not starting to shrink. Microwave method - pierce the skin numerous times with a fork, wrap in paper kitchen towel and nuke on 800 for 4-5 minutes, depending on size. Allow to cool. While doing this, hard-boil the eggs for 5-6 minutes, then drain, cool and shell.

Put oil and margarine in a small pan and melt over a low heat. While still hot, add flour and stir with a wooden spoon to mix well. Return to the heat, stirring for 2 minutes, then take off and while still warm add the milk a little at a time, stirring to keep smooth and lump-free. Once all the milk has been added, sprinkle on Cayenne and salt, then stir continuously over a low heat until the sauce thickens. Remove from the heat. Save two handfuls of cheese for the topping, mix the rest into the sauce, then set aside to melt.

Cut the potato in half length-ways, scoop out the flesh and mix this with the ingredients below:

1 Tbsp chopped tomato      2 Tbsp chopped cooked meat      1 tsp minced garlic  
¼ cup grated cheese      salt & pepper (a shake)

then divide into two and pile back into the jackets. Cut the boiled eggs in half and arrange, cut-side down in two greased dishes, leaving a space at one end for the potato. Pour the sauce evenly over the eggs, put one slice of tomato on top between the eggs, then sprinkle with the remaining cheese. Pop the potatoes at the end of each dish and bake on 170°C fan-forced until cheese is beginning to brown.

Serves 2

Don't freeze! – the eggs are disgusting when thawed!

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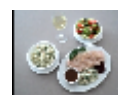
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