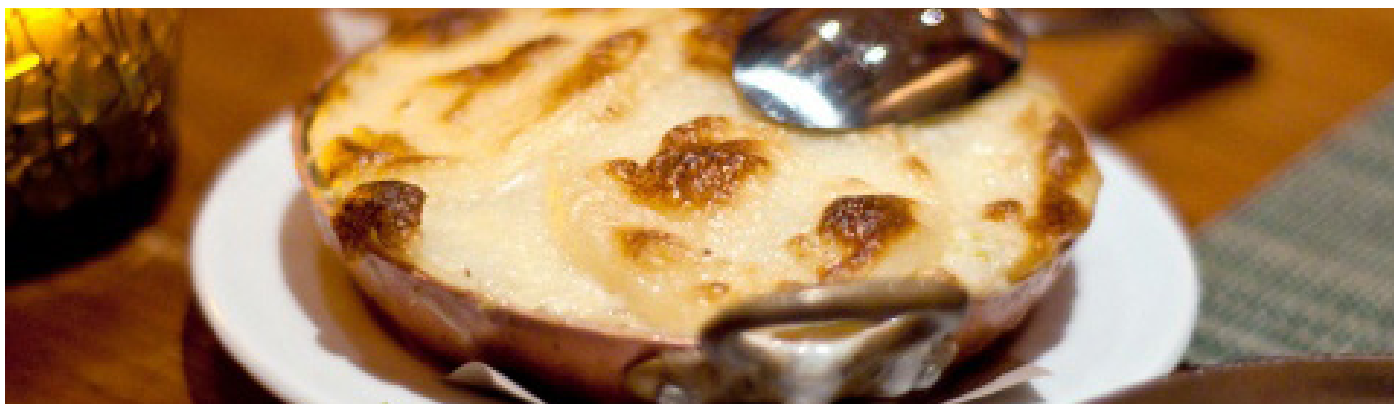


POTATO AND LEEK CASSEROLE



Time
?min



Servings
4

Calcium Recommended Daily Intake
41.76%

Calories

501

Calcium

418mg

Protein

30g

Vitamin D

0.34 IU

Ingredients

- 750 g potatoes
- Salt
- 750 g leek
- 250g cooked ham
- 100g Emmentaler cheese (45% fat)
- 30g margarine
- 2-3 tbsp flour
- 250 ml milk
- 125 ml vegetable broth
- Pepper, nutmeg

Instructions

1. Peel and wash the potatoes, cut in thin slices. Cook briefly (6-8 minutes) in salted water, remove and drain.
2. Remove the tough outer leaves of the leek, cut remaining leek in thin rings and then wash thoroughly under running water. Cook leeks just 3 minutes in boiling water.
3. Cut ham in cubes and finely grate emmentaler cheese.
4. In a pot, stir flour into melted margarine with wire whisk, add milk and vegetable broth. Continue to stir with whisk while mixture cooks at low temperature for ca. 5 minutes. Add salt, pepper and nutmeg to taste.
5. Place potatoes, leeks and ham in a casserole dish. Spread/pour sauce over these ingredients, then top with grated cheese.
6. Bake in preheated oven at 200°C for ca. 30 minutes.