



Vegetable Dauphinoise

90 minutes

Hands on

8-10

Portion(s)

2

Difficulty



Ingredients

- 300 g heavy cream
- 1 clove of garlic, minced
- salt
- pepper
- 4 potatoes, medium sized
- 4 carrots, large
- 4 beetroots, large
- 5 sprigs thyme, only the leaves
- 100 g parmesan cheese, grated
- 400 g beans or rice, for weights
- Serve with [Spicy Pork Chop](#)

Διατροφικός πίνακας

Nutrition information per portion

255 Calories (kcal)	9.0 Total Fat (g)	5.7 Saturated Fat (g)	32.0 Total Carbs (g)
13%	13%	29%	12%
6.1 Sugars (g)	8.7 Protein (g)	5.1 Fibre (g)	0.61 Sodium (g)
7%	17%	20%	10%

Method

- Preheat oven to 180* C (350* F) Fan.
- Place a small pot over medium to low heat and add the heavy cream.
- Add the minced garlic, salt, pepper and thyme.
- Heat for 7-9 minutes, until the cream comes to a boil and remove from heat.
- Pass the mixture through a sieve into a bowl and set aside to cool.
- Fill a pot halfway with water, place over high heat and bring to a boil.
- In the meantime, slice the potatoes into 0.5 cm rounds with a sharp knife. You can also use a mandolin to make sure all of the slices are equally thick.
- Transfer to a bowl.
- Peel the carrots and cut them lengthwise into 0.5 cm slices.
- Transfer to a separate bowl.
- Peel the beetroots and slice them into 0.5 cm rounds.
- Transfer to a separate bowl.
- Add the potatoes to the pot of boiling water first. Boil for 5-8 minutes, until they soften. When ready, remove with a slotted spoon and place back in their bowl.
- In the same pot of boiling water, add the carrots and boil for 5-8 minutes. Remove with a slotted spoon and place back in their bowl.
- Last, add the beetroots to the pot and boil for 5-8 minutes. Remove with a slotted spoon and place back in their bowl.
- Make sure you boil the vegetables in this orders (potatoes-carrots-beetroots). If you reverse the order the water will turn beetroot red and so will your vegetables.
- In a 20x30 cm ovenproof baking dish, add the beetroot rounds one next to the other, until the bottom of the dish is completely covered.
- Spread 2-3 tablespoons of the heavy cream over them and then add 1/3 of the grated parmesan.
- Next, add a layer of carrot rounds in the same way as the beetroots and cover with 2-3 tablespoons of heavy cream and another 1/3 of the grated parmesan.

- Last, add the potato rounds in the same manner and cover with the remaining heavy cream and grated parmesan.
- Dampen a sheet of parchment paper and cover the baking dish.
- Add the rice or beans for weight and bake for 30-40 minutes.
- Then remove the parchment and bake for another 10 minutes, until the potatoes turn golden.
- When ready, remove from oven and set aside to cool for 30-40 minutes at room temperature.
- Serve.
- The cooler the dish is, the easier it will be to cut into nice pieces without destroying the layers of vegetables.