RECIPE

Au Gratin Potatoes

Thin potato slices baked in a cheddar sauce until golden, a bubbling side for a winter dinner. Made with skim milk, olive oil and reduced-fat cheddar; about 3 g saturated fat and 407 mg sodium a serving.

MAKES

8 servings US Metric

TOTAL

2 h 10 min

Ingredients

- [ ] 2 ½ lb Yukon gold potatoes, scrubbed, unpeeled
- [ ] ½ yellow onion, finely diced (about ½ cup, 75 g)
- [ ] 1 tbsp olive oil
- [ ] 5 tbsp all-purpose flour
- [ ] 2 ½ cups skim milk
- [ ] ¾ tsp salt
- [ ] ½ tsp black pepper
- [ ] 0 tsp nutmeg
- [ ] 6 oz reduced-fat sharp cheddar, shredded from a block (about 1½ cups)
- [ ] Oil spray for the dish

Method

1. Heat the oven to 375 °F. Spray a 9×13-inch baking dish.
2. Slice the potatoes about ⅛ inch thick, thinner than a pencil, with a food processor or a mandoline. Leave the skins on. Keep the slices in a bowl.
3. Warm the olive oil in a large pot over medium heat. Stir in the onion and cook 3 minutes, until soft.
4. Whisk in the flour and cook 1 minute. Pour in the skim milk a little at a time, whisking out lumps. Bring to a gentle boil, whisking, and cook about 2 minutes, until it coats the back of a spoon.

5. Take the pot off the heat and let it stop bubbling for a minute. Stir in the salt, pepper, nutmeg and two-thirds of the cheese a handful at a time, until smooth. Reduced-fat cheese turns grainy if the sauce is too hot.

6. Add the potato slices to the pot and turn them over with a spatula until each slice is coated. Spread them in the dish and press flat. Scatter the rest of the cheese on top.

7. Cover tightly with foil and bake 60 minutes. A mile up, water boils at 203 °F, so the potatoes can take up to a quarter longer. Test them with a knife at 60 minutes.

8. Take the foil off and bake 20–30 minutes more, until the top is golden, the sauce bubbles at the edges, and a knife slides through the potatoes with no push.

9. Rest 15 minutes before cutting so the sauce thickens.

10. Refrigerate leftovers within 2 hours. Reheat each portion to 165 °F.