



Creamy Vegan Cauliflower Gratin

Serves 2-3 as an entree or 4-5 as a side dish

This creamy gratin is a treat for vegans and non-vegans alike. Serve it as a side dish or a main course with a green salad and some warm bread.

1 head of cauliflower

3 cloves of garlic, minced

2 T olive oil

2 C unsweetened [non-dairy milk](#)

2 slices yellow onion

Several sprigs of fresh thyme and parsley

2 bay leaves

4 T non-hydrogenated margarine

3 T flour

Salt and pepper

$\frac{1}{2}$ C cashew cream (*blend $\frac{1}{2}$ cup non-dairy milk with $\frac{1}{4}$ cup raw cashews until smooth*)

Preheat oven to 425°F (218°C). Wash and chop cauliflower into bite-sized pieces. Toss it with olive oil, minced [garlic](#), a little sea salt and pepper and place it on a baking sheet lined with parchment paper. Roast for about 15 minutes then stir and continue roasting until it is lightly browned (about 10 more minutes). Remove from oven and set aside.

1. In a small saucepan, slowly heat non-dairy milk, thyme, parsley, bay leaves, and onion slices. When it reaches a boil, remove from heat and set aside.
2. In another saucepan, melt the margarine over medium heat then add the flour and cook for about a minute. Add the hot milk mixture and simmer, stirring frequently, until it thickens. When thick, remove the bay leaves, thyme, and parsley. Taste and season with sea salt and pepper then stir in the cashew cream and roasted cauliflower and garlic. Pour into a lightly oiled gratin or casserole dish and bake at 375°F (190°C) for about 35 minutes, or until golden brown. Let rest for about 5 minutes before serving.