

Broccoli Ham and Dijon Au Gratin

Prep: 10 min / Cook: 35 min / Total: 45 min / Servings: 6

Ingredients

1 cup (238g) cream, heavy whipping
1 large (840g) bunch broccoli, including stalks, cut into florets
2 tbsp (30g) dijon mustard, whole grain
1½ cups (169.5g) cheddar/colby cheese blend, shredded and 1/2 cup set aside
¼ tsp (1 .17g) guar gum (optional) (<http://amzn.com/B005HF068O?tag=lcrecipe-20>)
¼ tsp (1 .5g) xanthan gum (optional) (<http://amzn.com/B0013JJZWG?tag=lcrecipe-20>)
¼ lb (1 13.5g) ham or Canadian bacon, cut into small cubes
salt and fresh cracked pepper, to taste

Method:

Pre-heat oven to 425° F.

Place your heavy cream on the stove over medium-low heat. Bring to a low simmer and allow to reduce by about half. Be careful to watch the pot.

Do not let it boil over.

While the cream is reducing, bring some salt water to a boil in a soup pot.

Add your broccoli to the salted boiling water and simmer for 3 minutes.

Strain and immediately plunge into ice water. Leave the broccoli in the ice water, until chilled through. This act will help the broccoli stay green.

Once the broccoli is chilled, remove and let it drain and dry . Placing on a towel to remove excess moisture is a good idea. (Alternately , you can just use frozen broccoli, and add it to the recipe, at this point)

Whisk the Dijon mustard into the cream.

In a bowl, add 1 cup of grated cheese. Evenly dust the guar and xanthan gums over the cheese. Add the diced ham to the cheese and gums and mix. This process will help the gums be mixed into the cream, without clumping. (the gums are flavorless, but help the sauce thicken. If you don't use them, don't worry about it.

Your sauce will be a little loose, but still very very delicious)

Whisk the cheese and ham mixture into the cream, until completely melted and a nice thick sauce has been made.

Add the cool dry broccoli to the sauce and stir until broccoli is coated.

Add the mixture to a pie tin or baking pan.

Bake until the top is browned, about 15 to 20 minutes.

Serve