

# Broccoli and Cheese Casserole

Conversion  
Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

3-4

1 - 2

Original Yield x Conversion Factor = Desired Yield

## TOPPING

white sandwich bread, torn into quarters

1 slice

butter, *melted*

½ T.

## FILLING

Salt

broccoli (about 1 large bunch), florets trimmed to 1-inch pieces,  
stalks peeled and chopped medium

4 oz

butter

¾ oz.

Garlic, crushed

¼ t.

dry mustard

¼ t.

cayenne pepper

pinch

all-purpose flour

¾ oz.

milk

3 T.

Chicken stock

2 T.

sharp cheddar cheese, shredded

1.5 oz.

Ground black pepper

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1. **For the topping:** Process the bread and butter in a food processor until coarsely ground, about six 1-second pulses; set aside.
2. **For the filling:** Heat the oven to 400 degrees. Bring water to a boil in a pot, enough to cover your broccoli. Add 1 tablespoon salt and the broccoli to the boiling water; cover and cook until bright green and crisp-tender, about 3 minutes.
3. Drain the broccoli and leave it in the colander; set aside.
4. Meanwhile, melt the butter in a medium saucepan over medium heat. Stir in the garlic, mustard, and cayenne; cook until fragrant, about 30 seconds. Add the flour and cook, stirring constantly, until the flour turns golden, about 1 minute. Slowly whisk in the broth and milk; bring to a simmer and cook, whisking often, until large bubbles erupt at the surface and the mixture is slightly thickened. Off the heat, whisk in the cheddar. Season to taste with salt and pepper.
5. Spread the broccoli in a baking dish (or shallow casserole dish of similar size). Whisk the cheese sauce again briefly and pour over the broccoli. Sprinkle with the bread-crumbs topping. Bake until golden brown and bubbling around the edges, about 15 minutes. Cool for 5 minutes before serving.