

Zucchini Gratin

An Ina Garten recipe from her book, Barefoot in Paris

Author: "Barefoot in Paris" by Ina Garten



Ina Garten's recipe calls for 2 tsp. of Kosher salt, but I tested it first using less, and thought it was fine, so have reduced the recipe by 1/2 teaspoon. Taste it before you decide for yourself. I also use Parmigiano-Reggiano cheese if I don't have Gruyere on hand. This can be made ahead and refrigerated, then reheated later. The baking time is very forgiving - if the dish is sharing the oven at 350°, it will be just fine, just bake a little longer. I much prefer using Panko crumbs as they stay nice and crunchy throughout the baking time.

Servings: 8

Preparation Time: 35 minutes

Start to Finish Time: 1 hour

6 tablespoons butter
1 pound yellow onions, cut in half, then sliced
2 pounds zucchini, sliced 1/4" thick
1 1/2 teaspoons Kosher salt
1 teaspoon ground black pepper
1/4 teaspoon ground nutmeg, freshly ground
2 tablespoons all-purpose flour
1 cup milk, hot
3/4 cup bread crumbs, or Panko crumbs
3/4 cup Gruyere cheese, or Parmesan, grated
1 tablespoon butter

Serving Ideas: This could be a main dish for a vegetarian meal. You could also add a little bit of goat cheese to the mixture before baking.

Per Serving (excluding unknown items): 232 Calories; 15g Fat (57.3% calories from fat); 7g Protein; 18g Carbohydrate; 3g Dietary Fiber; 42mg Cholesterol; 596mg Sodium.

Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

1. Preheat oven to 400°.

2. Melt butter in a very large (12 inch) sauté pan and cook the onions over low heat for about 20 minutes, or until tender, but not browned. Add the zucchini and cook, covered, for 10 minutes, or until tender. Add the salt, pepper and nutmeg and cook uncovered for 5 more minutes. Stir in the flour until you no longer see any dry bits of flour, then add the hot milk and cook over low heat for a few minutes until it makes a sauce. Pour the mixture into an 8x10 baking dish.

3. Combine the bread crumbs or panko and cheese together in a small bowl, then sprinkle on top of the zucchini mixture. Dot the 1 tablespoon of butter cut into very small bits and bake for 20 minutes, or until bubbly and browned.