

Creamy Broccoli Casserole



4.84 from 12 votes

Prep Time

10 mins

Cook Time

1 hr

Total Time

1 hr 10 mins

RECIPE VIDEO BELOW. A made from scratch Broccoli Casserole with a generous amount of creamy parmesan garlic cheese sauce. This is like the broccoli version of Mac and Cheese. It's nice and saucy, rather than being stodgy and so thick you can cut into it like cake, so there's extra cheese sauce to spoon over once served.

Course: Bake, Vegetable

Cuisine: French influence

Servings: 4 as main, 8 as side

Calories: 203 kcal

Author: Nagi | RecipeTin Eats



Ingredients

600 g / 1.2 lb broccoli florets , small to medium (Note 1)
 60 g / 4 tbsp unsalted butter
 4 garlic cloves , minced
 6 tbsp / 55g plain flour
 2 cups / 500 ml milk , preferably warm (full or low fat)
 1 1/2 cups / 375 ml chicken broth/stock , preferably warm
 2 cups / 200g freshly grated cheddar cheese (Note 2)
 1/2 cup grated parmesan cheese
 Salt and pepper

Topping:

3/4 cup panko breadcrumbs
 1/4 cup grated parmesan cheese
 30 g / 2 tbsp melted butter

Instructions

1. Preheat oven to 180C/350F.
2. Mix Topping ingredients in a bowl. Set aside.
3. Melt butter in a large pot over medium heat. Add garlic and cook for 1 minute until it smells incredible.
4. Add flour and cook for 1 minute, stirring constantly.
5. While whisking, slowly pour in half the milk. Once fully incorporated, whisk in the remaining milk plus the chicken broth.
6. Cook for 4 to 5 minutes, whisking every now and then and more towards the end, until the sauce thickens so that it coats the back of a wooden spoon and when you draw your finger across it, the path stays (see video).
7. Turn off heat, add cheeses, stir in (don't worry if it doesn't melt fully). Then do a taste test and add a bit of salt if required.
8. Add broccoli and stir well to coat.
9. Pour into a casserole dish, pat down to fill. Sprinkle over Topping, cover with foil then bake for 25 minutes.
10. Remove foil and bake for a further 20 minutes until the topping is deep golden and the broccoli is tender.
11. Stand for 5 minutes before serving.

Recipe Notes

1. You'll need around 1 kg / 2 lb of broccoli with stalks to get 600 g of florets. It's around 8 cups (imagine piling them into a pack and squishing in). Cut / break florets the same size to ensure even cooking, around

4-5cm / 1.5 - 2" long with the thickest part of the stem no wider than 1cm/ 2/5", otherwise it might not cook through properly.

2. Or tasty, gruyere, monterey jack, pepper jack or other melting cheese of choice other than mozzarella. **IMPORTANT:** Use freshly grated. Store bought grated has anti caking agents and give the sauce a slight powdery feel.

3. General:

* Sauce consistency: The Sauce thins slightly once baked due to liquid leached by the broccoli. So make the consistency of the sauce in the pot slightly thicker than what you want the end result to be.

* The broccoli in this casserole is cooked to tender. If you are partial to tender crisp broccoli, then steam the broccoli first until it is just under tender crisp, steam dry to remove excess water from florets. Cook the cheese sauce slightly longer so it is quite thick, stir through broccoli etc, then bake **UNCOVERED** for just 20 - 25 minutes until top is golden.

* This will serve 5 to 6 generously, or 8 to 10 as part of a larger menu.

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