

Witloof rolled in ham mornay



Ingredients:

8 heads of Witloof
1 1/2 tablespoons butter
salt
8 large slices cooked ham

Cheese sauce:

1/2 cup flour
2 tablespoons butter
3 cups milk
salt & pepper
1/2 teaspoon ground nutmeg
3 cups Gruyere cheese (grated)

Preparation:

Clean witloof heads, remove outer leaves and cut off about 1 cm from the thick bottom end.

Half fill a pot with water, add butter and salt, add witloof and boil for about 20 minutes or until tender (cooking time depends on the size) Once cooked, drain well.

Roll each cooked witloof into a large slice of ham.

Place the ham rolled witloof in an ovenproof dish.

To make the cheese sauce:

Melt the butter in a saucepan, add the flour, using a whisk to blend it into a smooth paste then add the milk, nutmeg, salt and pepper. Keep whisking until sauce thickens then add the grated cheese to the sauce, stir in until cheese has melted, and then pour the sauce over the ham rolled witloofs.

Put into a preheated oven at 220 C (425 F) for 10-20 minutes, then turn the oven onto the grilling setting and grill until a golden crust forms on top.
Serve hot with mashed potato.

witloof | 'witlu:f |

noun [mass noun]
chicory of a broadleaved variety
grown for blanching.

ORIGIN

late 19th century: from Dutch, literally 'white leaf'.



Witloof sauteéd



Ingredients:

40g butter
2 teaspoons of olive oil
1 cup of water
2 tablespoons of honey
4 heads of Witloof, halved lengthways

Preparation:

Heat the butter and oil in a large frying pan over medium heat. Add the witloof, cut-side down. Cook, turning occasionally, for 5 minutes or until browned. Add honey and water and season with salt and pepper. Cover and simmer for 6-8 minutes or until tender.

Raw Witloof with smoked salmon



Ingredients:

120g smoked salmon slices
1 x 250g pkt light cream cheese, at room temperature
2 tablespoons light sour cream
1/4 cup chopped fresh chives
2 witloof, washed, 12 large leaves separated

Preparation:

Cut 2 slices of smoked salmon crossways into 6 pieces to make 12 slices. Chop remaining salmon. Combine chopped salmon, cream cheese, sour cream and 2 tablespoons of chopped chives in a bowl.

To serve, spoon cream cheese mixture evenly among witloof leaves. Top with reserved salmon slices and sprinkle with remaining chives.

Witloof



Belgian endive is known in Dutch as witloof or witlof ("white leaf"), endive or (very rarely) witloof in the United States, indivia in Italy, endivias in Spain, chicory in the UK, as witlof in Australia, endive in France, and chicon in parts of northern France, in Wallonia and (in French) in Luxembourg. It has a small head of cream-coloured, bitter leaves. It is grown completely underground or indoors in the absence of sunlight to prevent the leaves from turning green and opening up (etiolation). The plant has to be kept just below the soil surface as it grows, only showing the very tip of the leaves. It is often sold wrapped in blue paper to protect it from light, so to preserve its pale colour and delicate flavour. The smooth, creamy white leaves may be served stuffed, baked, boiled, cut and cooked in a milk sauce, or simply cut raw. The tender leaves are slightly bitter; the whiter the leaf, the less bitter the taste. Belgium exports chicon/witloof to over 40 different countries. The technique for growing blanched endives was accidentally discovered in the 1850s at the Botanical Garden of Brussels in Saint-Josse-ten-Noode, Belgium.