Silverbeet in cheesy sauce

Ingredients

- 8 stems silver beet
- 50g Cheddar cheese, grated
- 25g blue cheese, grated
- 1 cup milk, heated
- 1 TBS butter plus extra
- 2 TBS plain flour
- Salt and pepper to taste
- 1 whole nutmeg
- 2 TBS cream

Method

Rinse and dry the silverbeet, separate the silverbeet leaves from their stems. Roll the leaves into a loose brunch and shred. Slice the stems lengthways into 2-3 long strips, then slice into 5mm pieces.

Blanch the silverbeet in boiling salted water for 3 minutes. Drain it in a colander and tip it onto a tea towel. Squeeze the tea towel over the sink to get rid of the excess liquid.

Melt the butter and when it starts to froth add all the flour. Stir well with a wooden spoon for a minute. Gradually add hot milk, stirring all the time to prevent lumps. Continue stirring until the sauce comes to the boil. Drop the cheeses into the sauce, remove from heat, and stir until the cheeses have melted. Season the sauce with salt, pepper and a little freshly grated nutmeg.

Add the silverbeet leaves and stems, and the cream, and stir to combine.

Spoon the mixture over the freshly made pasta.