



Nutrition Facts	
Per serving	
Calories 360	%DV*
Fat 14g	18%
Saturated 8g	40%
+ Trans 0g	
Carbohydrates 41g	
Fibre 3g	11%
Sugars 9g	9%
Protein 19g	
Cholesterol 55mg	
Sodium 960mg	42%
Potassium 866mg	20%
Calcium 308mg	25%
Iron 2mg	10%
*5% or less is a little, 15% or more is a lot	

1% milk and cheddar used in analysis

Scalloped Potatoes

This scalloped potato and ham recipe demonstrates the reaction of milk products to tannins and salt. The proteins in milk will coagulate when mixed with tannins and salt, causing curdling or lumps. What cooking processes are used to avoid this curdling?

Prep time: 15 minutes

Cooking time: 50 minutes to 1 hour

Yields: 6 servings

Ingredients

- 2 tbsp (30 ml) butter
- 3 garlic cloves, minced
- 1 onion, thinly sliced
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) salt
- ¼ tsp (1 ml) pepper
- ¼ cup (60 ml) all-purpose flour
- 3 cups (750 ml) milk
- 1 tbsp (15 ml) grainy or Dijon mustard
- 1½ cups (375 ml) diced smoked ham
- 6 medium potatoes, peeled, thinly sliced
- 1 cup (250 ml) shredded Canadian cheddar or Gouda cheese

Tips

☑ This recipe can be made without the ham, but it is a great way to use up leftovers. Baked dishes can be cooled, covered and refrigerated for up to one day. Reheat, covered, in a 350° F (180° C) oven for about 45 minutes.

Instructions

1. Preheat oven to 350° F (180° C). Lightly butter a 13 x 9 inch (33 x 23 cm) glass baking dish.
2. In large pot, melt butter over medium heat, then add garlic, onion, thyme, salt and pepper. Cook, stirring, for about 5 minutes or until softened.
3. Sprinkle with flour then cook, stirring, for 30 seconds. Gradually whisk in milk and mustard; bring to a boil, stirring. Cook, stirring, for about 5 minutes or until thickened.
4. Remove from heat and stir in ham. Add potatoes and toss gently to coat in sauce.
5. Spread evenly into prepared dish. Sprinkle with cheese.
6. Bake, uncovered, for about 50 minutes or until golden and bubbling and potatoes are tender. Let stand for 10 minutes before serving.



Watch a video that shows how to make scalloped potatoes and look for similarities and differences at www.dairygoodness.ca/recipes/herb-sweet-onion-scalloped-potatoes.

Adapted from Dairy Goodness Scalloped Potatoes