

Mushroom and Potato Basil Au Gratin

Without the traditional cheese, milk, butter or flour. Very enjoyable.

Sauce

Blend

- ½ cup raw cashew nuts, previously soaked and rinsed.

Add and further blend

- 1½ cup water
- ½ cup parsley leaves
- Basil (about 20 leaves), roughly chopped, or from a tube.
- 2 green onions, diced
- 2 Cloves of garlic

Layers

- 4-5 large potatoes, sliced thinly
- 8 - 12 large white mushrooms, sliced thinly
- 1 yellow onion, sliced thinly
- Big bunch spinach or equivalent, chopped

Assembly

In a large rectangular glass baking dish, generously layer vegetables in this order,

1. a thin layer of sauce
2. potatoes,
3. mushrooms,
4. onions,
5. basil,
6. greens,
7. sauce.
8. Repeat a second sequence of vegetables
9. final layer of potatoes
10. last bit of sauce over the top

Cover and bake at 200 degrees for 35 minutes.

Remove the foil and sprinkle on top

- Ground cashew nuts,

Cook for further 15 minutes until lightly browned on top.