

# How to Make Pumpkin and Cauliflower Gratin

With Andrea from Down to Earth

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Andrea: Aloha everyone! My name is Andrea...

Welcome to the Down to Earth Kapolei kitchen...

Today, I'm going to share one of my favorite holiday recipes...

It's a pumpkin and cauliflower gratin...

Made from just a few ingredients.

It's a simple, easy side dish to make for all your holiday meals.

We're going to start with four cups of cubed Kabocha pumpkin...

Any other type of squash will work here as well.

But Kabocha is my favorite...

Because it's super-delicious, and...

It's this beautiful green and orange color.

We're going to add two cups of chopped cauliflower...

You want the cauliflower to be broken down pretty small.

So it cooks really quickly with the pumpkin...

Finally, we're going to add some chopped red onion...

And a little bit of garlic...

You can add as much or as little as you'd like...

We're going to drizzle our vegetables with one teaspoon of soy sauce...

Or Tamari...

And drizzle with a little bit of Olive Oil...

Toss your vegetables together...  
Until they're just coated...  
And then this is going to go in a 400-degree oven.  
For just twenty minutes...  
After your vegetables come out of the oven...  
We're going to make a simple cream sauce...  
To go onto our gratin...  
The basis of this cream sauce is an unsweetened hemp milk.  
Hemp milk is my favorite for this recipe because...  
It has a very thick and creamy texture.  
But if you don't want to use hemp...  
You can also use unsweetened soy or coconut milk.  
To our one cup of hemp milk...  
We're going to add a tablespoon of potato starch.  
You can also use corn starch...  
If you have that at home instead...  
We're going to stir in a little bit of dried thyme...  
And some black pepper...  
And we're just going to whisk this until our starch has dissolved.  
We're going to pour this mixture over our vegetables.  
And it seems very liquidy right now...  
But as it cooks in the oven...  
The starch will activate and it will thicken...  
Into this beautiful creamy sauce...  
We're going to throw on a handful of freshly-sliced basil...

And simply toss this together...

This is going to go back in the oven for ten minutes.

And then, we're ready to eat!

After those final ten minutes in the oven...

Your squash comes out...

The sauce has thickened considerably...

And you end up with a super-creamy sauce...

To coat all of your cauliflower and your pumpkin...

To find more holiday cooking recipes...

Check out DowntoEarth's YouTube channel...

Or find us online at DowntoEarth.org

From all of us at Down to Earth...

We wish you a happy, healthy holiday season.

Aloha!

[Music Playing]

[Check out the recipe on the Down to Earth Website](#)