### Recipe of Chayote au Gratin (Gratin de Chouchou)

#### Ingredients (for 6 people)

2 lb chayote (about 5 chayotes)  
4 tablespoons vegetable oil  
3 garlic cloves, minced  
1/2 teaspoon fresh thyme leaves, chopped  
2 cups milk  
6 oz Gruyere or Edam  
1/2 cup flour  
1/4 cup butter  
1/2 teaspoon ground nutmeg  
4 tablespoons breadcrumbs  
Salt  
Pepper

#### Preparation

Preheat oven to 420 F.

Peel the chayotes.

Cut into 1-inch cubes.

Place chayotes into a saucepan.

Add oil, garlic, salt, pepper, and thyme.

Cook over medium heat, stirring regularly until the chayotes have mostly evaporated, about 15 minutes.

Pour stew into a buttered gratin dish.

Bechamel  
Bring the milk to a boil in a saucepan.

In another saucepan, melt butter over low heat.

Once the butter is melted, add the flour and stir to incorporate both ingredients.

Pour the milk gradually into the roux, while stirring vigorously with a whisk to avoid lumps.

Continue stirring constantly, until reaching the desired consistency.

Add salt, pepper and nutmeg.

Add half of the cheese and stir to melt.

Cover the chayotes with the cheese bechamel sauce.

Sprinkle half the remaining grated cheese and bread crumbs.

Broil in the oven for twenty minutes.