

## **Creamy Bread & Onion Bake**

### **Ingredients**

10 cloves garlic

1 bay leaf

1 carton low protein milk

1 medium onion

150g low protein white breadcrumbs

Pinch ground nutmeg

Salt and pepper

### **Method**

1. Preheat the oven to Gas Mark 7/220°C/425°F.
2. Place the cloves, bay leaf and milk in a pan and bring to the boil slowly.
3. Switch off the heat, put a lid on the saucepan and leave to infuse for 2-3 hours or overnight.
4. Remove the cloves and bay leaf from the milk and discard them. Add the onion, bring the milk back to the boil and simmer for 5 minutes.
5. Add the remaining ingredients, stir well and leave until completely cold.
6. Shape the mixture (it is very soft) into 12 rolls and arrange in the serving dish.
7. Bake for 15-20 minutes or until golden.