

Soups and Sauces (2nd Week)

- The remainder of roasted chicken stock needs to be frozen. We will be using it next week. That way we can work through our sauces, light to dark.
- You will have to make a White Sauce (Bechamel). And then do a review on it. Make sure that you answer the same review questions that you answer every week.

For each of these recipes you must take a 4 PICTURES:

- One picture of all the ingredients measured out
- One picture of all ingredients mixed
- One picture of you cooking your recipe
- One of the finished product.

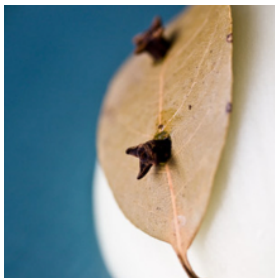
You will then send ONE email to dsovyn@rockyview.ab.ca (in the same email). Attach all four pictures and answer the following questions:

- What was one thing that did well?
 - What was one thing that you could have done better?
 - What did you think of the finished product in both looks and taste?
 - What did your parents think of it? (will not be marked on this if it is negative)
 - What did your parents think of your cleanliness (will not be marked on this if it is negative)
- Then use your Bechamel to make the Alfredo Sauce. Take pictures and answer the same questions and email them to me by Sunday the 7th 2020

Part One: Mother Sauce: Bechamel

A	1L	Milk
	1 small	Onion (Studded Onion)
B	45ml	Butter (preferably Clarified Butter)
C	80ml	All Purpose Flour
D	To Taste	Salt and white Pepper (black can be substituted), white cannot be seen in sauce.
	To Taste	Nutmeg

1. Make a Studded Onion. To make a studded onion peel a whole small onion and cut it in half (put the other half in your fridge for a different dish). Take a **Bay Leaf** and lay it flat on the cut surface of your onion. Take **4-5 wholes cloves** and use them to pin the Bay Leaf onto the onion.
2. In a saucepan, Heat part **A**, milk with your studded onion clove (flat side down). Simmer over low heat for ten minutes, then remove the onion and discard, save the flavoured milk.
3. In a second sauce pan over **LOW** heat, melt part **B**.
4. Gradually add part **C** to the butter to create a white Roux. It should thicken slightly, and be part way between frothy flour and playdough in consistency. (this is used to thicken the sauce). You will need to cook it for 6 minutes, but your flour should remain white. Remove it from heat and let it cool for one minute in the same pan.
5. Slowly start to add the flavoured milk into the white Roux, whisking constantly. When all of the milk is incorporated, keep cooking for five minutes over low heat until the proper consistency. (if you dip a spoon into it, the sauce should cling to the bottom of the spoon).
6. Season with part **D** (salt and nutmeg).
7. Strain through a mesh to get rid of any bumps.
8. You can store in the fridge, **BUT** when reheating go slow or it may be a little lumpy.



Studded Onion



Coating back of Spoon

Part Two.

Turn your Bechamel into Alfredo Sauce.

- Make some noodles ahead of time. When they are done drain them but do not make the mistake of rinsing them under water. Rinsing them removes the starches off of them and then the sauce does not have anything to cling to.
1. Warm up your Bechamel sauce (or continue from the recipe above)
 2. Shut off heat.
 3. Add 250ml of parmesan cheese to the sauce and stir in until it melts.
 4. Add a few drops of lemon.
 5. Put noodles on a plate and the spoon sauce over top.
 6. Garnish with chopped parsley.

A few point before you start...

- IF you want to add chicken to this dish, grill it ahead of time.
- DO NOT heat Bechamel over too high of heat or it will burn at the bottom, a double boiler works if you have one.
- DO NOT add cheese when the heat is still on. The cheese will separate and will curdle and become oily.