

Part One: Béchamel

Yield: 1L

-Ingredients-

Onion piquet 1

Milk 1L

Flour 60g or 80ml

Clarified butter 65g or 45ml

Salt and white pepper, to taste

Nutmeg, to taste

-Method-

- 1) Add the onion piquet to the milk in a heavy saucepan and simmer for 20 minutes.
- 2) In a separate pot, make a white roux with the flour and butter.
- 3) Remove the onion piquet from the milk. Gradually add the hot milk to the roux while stirring constantly with a whisk to prevent lumps. Bring to a boil.
- 4) Reduce the sauce to a simmer, add the seasonings and continue cooking for 10-15 minutes.
- 5) Strain the sauce through a strainer.

For each recipe 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)

Part Two: Alfredo Sauce

Turn ½ of 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.

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Part Three: Derivative Sauce of your Choice

Using the second half of your Bechamel Choose one of the derivative sauces from your notes from last week.

Cook the sauce and showcase it on a dish.

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- One picture of all ingredients mixed
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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?
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- What did your parents think of your cleanliness (will not be marked on this if it is negative)

Here are SOME Béchamel Derivative Sauces (Using 1 L or béchamel)

Cream Sauce••Add to béchamel 8–12 fluid ounces (250–360 milliliters) scalded cream and a few drops of lemon juice.

Cheese••Add to béchamel 8 ounces (250 grams) grated Cheddar or American cheese, a dash of Worcestershire sauce and 1 tablespoon (15 milliliters) dry mustard.

Mornay••Add to béchamel 4 ounces (120 grams) grated Gruyere and 1 ounce (30 grams) grated Parmesan. Thin as desired with scalded cream. Remove the sauce from the heat and swirl in 2 ounces (60 grams) whole butter.

Nantua••Add to béchamel 4 fluid ounces (120 milliliters) heavy cream and 6 ounces (180 grams) crayfish butter (page 249). Add paprika to achieve the desired color. Garnish the finished sauce with diced crayfish meat.

Soubise (Modern)••Sweat 1 pound (500 grams) diced onions in 1 ounce (30 grams) whole butter without browning. Add béchamel and simmer until the onions are fully cooked. Strain through a fine chinois.