

COMMENT

Making homemade lasagna— Part 2

This is week two of a four-week series on homemade lasagna. Today you've got the recipe for béchamel sauce.

Super easy recipe to make.

I would suggest you make this one on the day that you are going to make the lasagna. It will be much easier to work with the béchamel when it is still warm and runny than if it sits overnight and gets cold and thick. And béchamel can be tricky to reheat, as it tends to burn unless you really pay attention.

Bechamel Sauce

INGREDIENTS

- 1 litre homo milk
- 6 tbsp butter
- 6 tbsp all purpose flour
- half onion
- 1 bay leaf
- 3 whole cloves
- salt and pepper to taste

METHOD

1. Begin by rinsing the sauce pan with boiling water. This prevents the milk from burning.
2. Add the milk and onion studded with cloves (onion cloute) with a pinch of salt and bring to a simmer.
3. Once milk is simmering, turn heat off and



What's Cookin'

By the way, in case you didn't know, béchamel is one of the five "mother sauces", from which all sauces are born. If you like homemade mac and cheese— this is your sauce! Just add grated cheese, a splash of worcestershire sauce and a little bit of Dijon mustard for flavour and you're ready to go.

Have fun and keep cooking!

let milk sit.



4. Melt butter in a different sauce-pan and add flour, while whisking. This forms a roux. Cook the roux for a few minutes. Don't let it brown. Remove from the heat and cool.

5. Away from the burner, add one quarter of the milk to the roux and whisk until smooth. Gradually add the remaining milk in small amounts stirring constantly.

6. Bring to a boil and check for consistency. Then, turn heat to low and simmer for about 10 minutes to cook out the flour taste, adjust seasoning and remove from the heat.



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- 10:00 am** Doors open. Opening ceremonies at 10:30.
- 11:00 am** Fraud Prevention by SALT
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- 11:30 am** Sustainability Plan by Town of Halton Hills
- 12:00 pm** Get Your Money by the Ministry of Finance
- 12:30 pm** Bone Builder demonstration
- 1:00 pm** Finding Your Way by Alzheimers Society
Yoga demonstration
- 1:30 pm** Age Friendly Communities by Heather Thompson
- 2:00 pm** Active Aging & Volunteerism by Volunteer Halton
- 2:30 pm** Walk Fitness demonstration

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