

# BASIC BECHAMEL

*Courtesy Of Sally Wise*

## THE BASICS

- ❑ Bechamel is equal parts fat (usually butter) and flour, which are cooked together to desired colour.
- ❑ Used as a thickener for sauces – can be light (blond) or dark

## BASIC RECIPE

- ❑ 90g butter to 90g plain flour to 750ml milk
- ❑ To make – cook together over medium low heat, stirring until desired colour is reached. For a white sauce, until a blond colour, for a gravy to a darker brown.

## APPLICATIONS

- ❑ Add cheese for cheese sauce for lasagna, moussaka
- ❑ Add a 425g tin tuna (drained), cheese and chopped hard boiled eggs for tuna mornay.
- ❑ Use cheese sauce version as base for cauliflower cheese or macaroni cheese
- ❑ Add ½ cup pesto (or to taste), grated cheese and cooked chicken (cut into 2cm [pieces]) for a delicious sauce for pasta



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# THE NOT SO BASIC BECHAMEL

*Courtesy Of Sally Wise*

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## INGREDIENTS

- 600ml full cream milk
- 90g grated tasty cheese
- 40g Parmesan, finely grated
- 1 teaspoon Dijon mustard
- 2 spring onions, finely chopped
- 2 eggs, lightly whisked
- 1½ tablespoons cornflour
- ½ teaspoon salt, approximately

## METHOD

- ❖ To make the béchamel, place all ingredients in a saucepan and bring barely to the boil, whisking constantly.
- ❖ Remove from heat.



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# EASY WHITE SAUCE

*Courtesy Of Sally Wise*

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## INGREDIENTS

- 1 litre milk
- Cornflour paste -2 tablespoons cornflour mixed to a paste with cold milk
- Salt and pepper

## METHOD

- ❖ Heat the milk to boiling point.
- ❖ Add the cornflour, paste, and stir constantly with a whisk until thickened (about 1 minute).
- ❖ Add salt and white pepper to taste.



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# BOLOGNESE SAUCE

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## INGREDIENTS

- ❑ 1 tablespoon olive oil
- ❑ 750g good quality beef mince or diced beef
- ❑ 2 onions, finely chopped
- ❑ 4 cloves garlic, crushed
- ❑ 4 level tablespoons tomato paste
- ❑ 1 tablespoon chopped fresh rosemary or oregano (or ½ teaspoon dried)
- ❑ 2 tablespoon tomato chutney
- ❑ 3 teaspoons soy sauce
- ❑ 2 teaspoons Worcestershire sauce
- ❑ ¼ cup red wine (optional)
- ❑ 2 cups passata or stock
- ❑ 1 teaspoon brown sugar or redcurrant or quince jelly
- ❑ ¾ teaspoon salt
- ❑ Cornflour paste – 3 teaspoons cornflour mixed to a paste with a little cold water

## METHOD

- ❖ Heat oil over medium high heat, add the mince and cook until it changes colour. Add the onion and garlic and cook two minutes more.
- ❖ Add all the rest of the ingredients and cook for 30 minutes, stirring occasionally.
- ❖ Thicken with a little or all of the cornflour paste if needed.
- ❖ Add salt and pepper to taste.



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# LASAGNA

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## INGREDIENTS

- 250g lasagna noodles.
- 1 tablespoon olive oil
- 750g good quality beef mince or diced beef
- 2 onions, finely diced
- 4 cloves garlic, crushed
- 4 level tablespoons tomato paste
- 1 tablespoon chopped fresh rosemary or oregano (or  $\frac{1}{2}$  teaspoon dried)
- 2 tablespoon tomato chutney
- 3 teaspoons soy sauce
- 2 teaspoons Worcestershire sauce
- $\frac{1}{4}$  cup red wine (optional)
- 2 cups passata
- $\frac{1}{2}$  teaspoon brown sugar or redcurrant or quince jelly
- Salt and pepper
- Cornflour paste – 3 teaspoons cornflour mixed to a paste with a little cold water

## METHOD

- Heat oil over medium high heat, add the mince and cook until it changes colour. Add the onion and garlic and cook two minutes more.
- Add all the rest of the ingredients and cook for 30 minutes, stirring occasionally.
- Thicken with a little or all of the cornflour paste. Add salt and pepper to taste.



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# LASAGNA- CHEESE SAUCE

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## INGREDIENTS – CHEESE SAUCE

- 1 litre milk
- Cornflour paste -2 tablespoons cornflour mixed to a paste with cold milk
- 1 egg, lightly beaten
- 1 cup grated cheese
- ¼ cup freshly grated or shaved parmesan
- Salt and pepper
- Pinch of nutmeg
- ½ cup grated cheese, extra

## METHOD

- ❖ Heat the milk to boiling point.
- ❖ Add the cornflour paste and using a whisk, simmer for one minute, stirring constantly.
- ❖ Remove from heat and whisk in the cup of cheese and parmesan. Add salt and pepper to taste, along with the nutmeg.
- ❖ Whisk in the egg.



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# LASAGNA - ASSEMBLY

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## METHOD

- ❖ Turn oven to 180°C.
- ❖ Grease a casserole dish 18cm x 25cm and 3cm deep (or similar)
- ❖ layer in dish as follows:
  - A little meat sauce
  - Lasagna sheets
  - Meat sauce
  - Creamy cheese sauce
  - Lasagna sheets
  - Meat Sauce
  - Creamy cheese sauce
  - Lasagna sheets
  - Cheese sauce
  - Extra grated cheese
- ❖ Bake for 30 minutes at 170°C.
- ❖ Remove from oven and allow to stand for ten minutes at least before cutting into slices to serve.



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