Rosée Béchamel Sauce

Ingredients

PASTA
• 300 g pasta (fettucine)

PEPPERS
• 2 red bell peppers, diced
• A drizzle of vegetable oil
• Salt and pepper, to taste

ROSÉE BÉCHAMEL SAUCE
• 3 tbsp (45 ml) de butter
• ½ onion, chopped
• 1 garlic clove, chopped
• 1 tsp (5 ml) smoked paprika
• 3 tbsp (45 ml) all-purpose flour, unbleached
• 2 cups (500 ml) milk
• 1 cup (250 ml) canned crushed tomatoes
• ½ cup (125 ml or 40 g) grated parmesan cheese

YOU WILL NEED:
• large pot and lid
• strainer
• baking sheet
• parchment paper
• cutting boards
• knives
• set of measuring spoons
• set of measuring cups
• small and medium saucepans
• wooden spoon
• whisk
Preparation

**PASTA**
1. Fill a large pot with salted water and bring to a boil.
2. Add pasta and cook uncovered, stirring occasionally. Cooking time varies depending on the type of pasta; taste after a few minutes to check the cooking.
3. Drain with a strainer. DO NOT RINSE THE PASTA! If you are not ready to serve, pour a dash of oil on top and stir; this will prevent them from sticking.

**PEPPER**
4. Preheat the oven to 400°F.
5. Line a baking sheet with parchment paper.
6. Place the diced bell peppers on baking sheet, drizzle with oil and season.
7. Bake in the oven for 15 to 20 minutes, until bell peppers are roasted.

**ROSEÉ BECHAMEL SAUCE**
8. In a saucepan, melt the butter over medium heat.
9. Add onion and sweat for 5 minutes.
10. Add garlic and smoked paprika and cook for 2 minutes.
11. Add flour, stir well and cook for 1 minute.
12. Gently pour in milk, stirring vigorously with a whisk, and bring to a boil.
13. Reduce heat and simmer for 3 minutes, stirring constantly to prevent sauce from sticking.
14. Add crushed tomatoes and simmer over medium heat for 5 minutes.
15. Add cooked peppers to the rosée sauce and adjust seasoning.

**ASSEMBLING**
16. Mix pasta with the sauce and serve with parmesan cheese.

**CHEF’S TIP:** Heating the milk for the bechamel sauce (without boiling) before adding it to the roux saves time and minimizes the risk of lumps forming!

**DIETITIAN’S TIP:** Add Nordic shrimp and more grilled vegetables or serve your dish with a mixed salad with legumes to make a complete meal.