



Béchamel Cheese Sauce (Mornay Sauce)

Ingredients

PASTA

- 300 g short pasta

CAULIFLOWER

- ½ cauliflower, cut into small florets (about 3 cups)
- drizzle of vegetable oil
- salt and pepper

BÉCHAMEL CHEESE SAUCE (MORNAY SAUCE)

- 3 tbsp (45 ml) butter
- ½ cup (125 ml) onion, chopped
- 1 garlic clove, finely chopped
- ½ tsp (2.5 ml) paprika
- 3 tbsp (45 ml) all-purpose flour, unbleached
- 2½ cups (625 ml) milk
- ½ cup (125 ml) mozzarella, grated
- ¼ cup (60 ml) Swiss-style cheese, grated
- Black pepper, to taste

YOU WILL NEED:

- large saucepan + lid
- strainer
- cutting boards
- knives
- set of measuring spoons
- set of measuring cups
- pastry sheet
- parchment paper
- medium saucepan
- wooden spoon
- whisk
- cheese grater

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.

CAULIFLOWER

- 1 Preheat oven to 400 °F.
- 2 Line a baking sheet with parchment paper.
- 3 Place the cauliflower florets on baking sheet, drizzle with oil and season.
- 4 Place in oven for 15-20 minutes, until roasted.

BÉCHAMEL CHEESE SAUCE (MORNAY SAUCE)

- 1 In a medium saucepan, melt butter at medium heat.
- 2 Add onions and sweat for 5 minutes.
- 3 Add garlic and paprika; continue cooking 2 minutes.
- 4 Add flour, mix well and cook 1 minute.
- 5 Slowly add milk, while stirring briskly with a whisk and bring to a boil.
- 6 Lower heat and simmer 3 minutes, stirring constantly to prevent the sauce from sticking.
- 7 Remove from heat and fold in cheese, stirring with a wooden spoon.
- 8 Add cauliflower florets. Season with pepper and serve over pasta.



CHEF'S TIP: Do not bring the sauce to a boil once the cheese is incorporated, as it will separate and the texture will be less interesting.

DIETITIAN'S TIP: Add a leftover of cooked trout to make a complete meal.