



Bechamel Sauce with Sauteed Mushrooms

INGREDIENTS

Bechamel

- 100g butter
- 100g plain flour
- 1L milk
- 100g mozzarella cheese, shredded
- Salt, pepper to taste

Mushroom Topping

- 2 tbsp olive oil
- 200g mushrooms (sliced)
- 1 sprig rosemary (finely chopped)
- 2 sprigs thyme (picked)
- 1 bay leaf
- 4 clove garlic (minced)



Serves: 4



Prep Time: 15 min



Cooking Time: 0 min

Mushroom Topping

1. Add olive oil, thyme, rosemary, bay leaf and garlic to a fry pan. Sweat out until fragrant. Add in mushrooms and sauté over medium high heat until lightly browned and cooked through. set aside.

Bechamel

2. Place milk into a small pot and warm on the stove.
3. Whilst milk is warming, melt the butter in a saucepan and whisk in the flour to make a roux. Cook for roughly 2 minutes or until flour is cooked through (without clouring).
4. Remove from the heat and whisk in warmed milk making sure that you have no lumps.
5. Return to the heat and bring to the boil whilst whisking constantly.
6. Sauce will slightly thicken, then remove from heat and add shredded cheese. Whisk until smooth and it is now ready to be used.



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